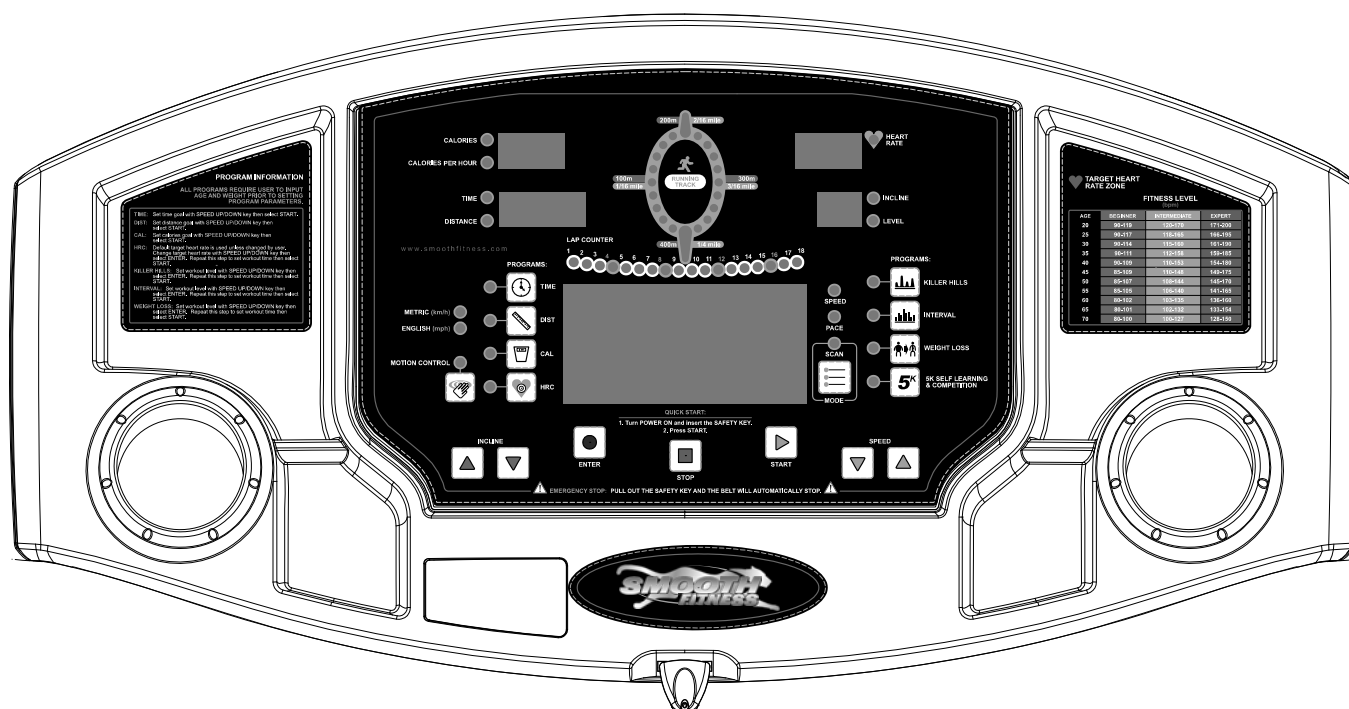
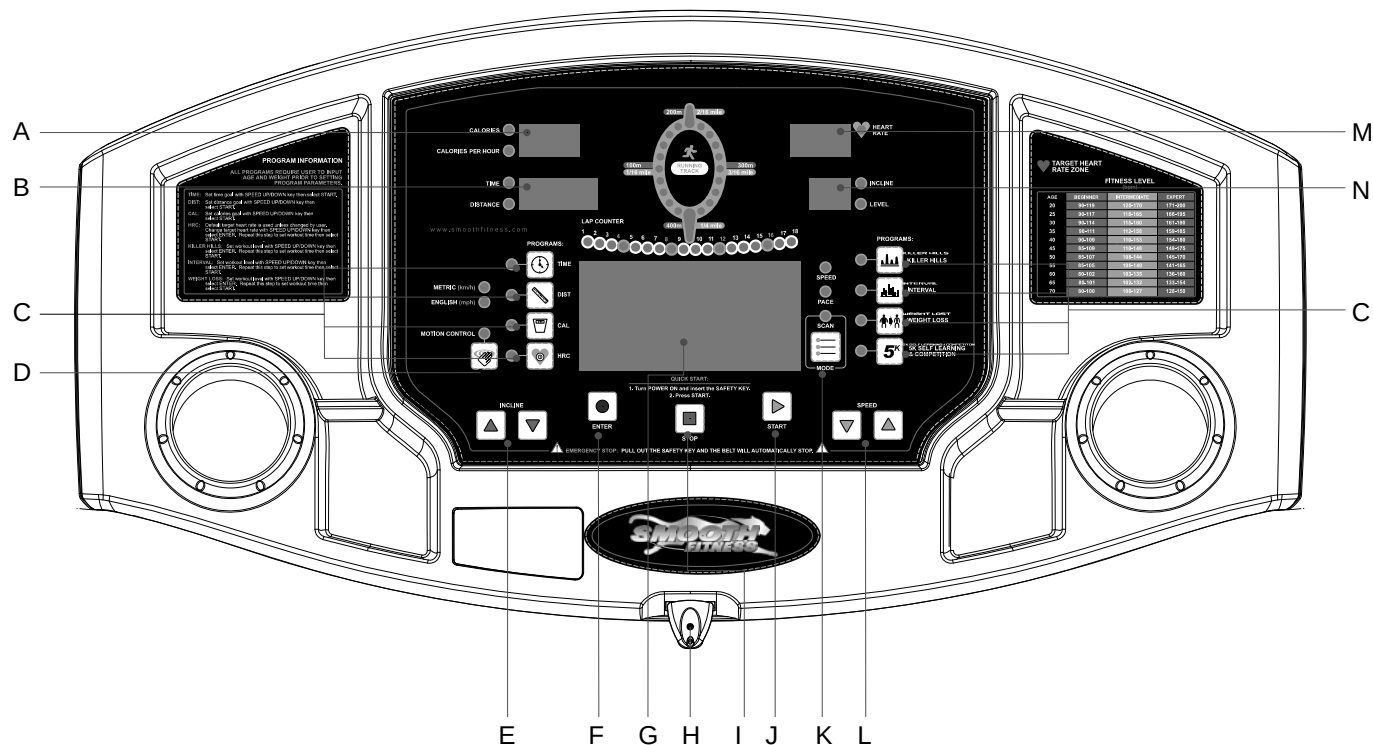


COMPUTER INSTRUCTIONS

COMPUTER INSTRUCTIONS

MODEL NUMBER: 945 Series



COMPUTER OPERATION

Calories/Calories Per Hour	A	B	Time/Distance
Preset Programs	C	D	Motion Control
Incline UP/DOWN	E	F	Enter
Message Center	G	H	Safety Key
Stop	I	J	Start
Mode	K	L	Speed UP/DOWN
Heart Rate	M	N	Incline/Level

POWER ON:

Set the POWER SWITCH, located on the bottom of the left handle bar upright tube, to ON and insert the SAFETY KEY.

SLEEP MODE:

The computer will automatically enter SLEEP MODE if left idle for 3 minutes without any input in POWER ON status. Press any button to return to POWER ON status when the computer is in SLEEP MODE.

3 SECONDS ALERT:

To ensure you are well prepared before the belt starts moving, every time you press the START button to start the belt, the SPEED window will countdown 3 seconds with the LED showing "3-2-1" then the belt will start moving.

PAUSE/STOP:

When the treadmill is running, press the STOP button to pause the treadmill. All figures on the displayed on the LED will freeze. Press START to resume the program and all displays will continue the performance until the program finishes. If you continue pressing the STOP twice, then all data will return to 0 and the treadmill will return to POWER ON status. If there is no action within 3 minutes, the treadmill will return to POWER ON status.

COMPUTER OPERATION**ENGLISH/METRIC CONVERSION:**

The treadmill computer display can show ENGLISH and METRIC information. The factory should have the proper setting on this for different markets. In case that the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:

1. Set the POWER SWITCH to ON. Press the START button on the computer and hold it. Insert the SAFETY KEY then release the START button. The computer will sound one short beep and METRIC LED light up.
2. Press the START button to switch between METRIC/ENGLISH and press the STOP button to confirm the selection and return to the POWER ON status.

QUICK START:

When the treadmill is in POWER ON status, press the START button to activate the QUICK START program. The speed will start from 0.5MPH/0.8KMPH. Press the SPEED UP/DOWN button to change the speed. Press the INCLINE switch to elevate the treadmill. The TIME, CALORIES and DISTANCE will count up from 0.

PROGRAM:

To select other programs, you will need to select the USER first. The computer display would show the USER CODE after you press any pre-set program button.

The computer will display the factory default setting:

CALORIES window will display the default user 1 weight: 68KG/150LB

TIME window will display the default user 1 height: 170CM/67"

SPEED window will display the default user 1 code: U1

INCLINE window will display the default user 1 age: 35

HEART RATE window will display the default user 1 pulse: 157

If the user 1 information has been changed and saved, then the POWER ON status will show the last saved user 1 information instead of the factory default setting.

Press the INCLINE UP/DOWN button to select the USER CODE from U1 to U9 then press the ENTER button to confirm the user code. If the user information has been previously input, press the ENTER button again and hold it for 5 seconds then the computer will skip the user information set up procedure. To input the new user information, please follow the procedure as below:

WEIGHT set up – After the User Code confirmation procedure, The CALORIES/CAL PER HOUR display will show the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user weight information then press ENTER to confirm.

HEIGHT set up – After the WEIGHT set up procedure, the TIME/DISTANCE display will show the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user height information then press ENTER to confirm.

AGE set up – After the HEIGHT set up procedure, the INCLINE/LEVEL display will show the default or previous setting and begin blinking. Press the INCLINE UP/DOWN button to adjust the user age information then press ENTER to confirm.

🕒 GOAL COURSE TIME:

When the computer is in POWER ON status press the 🕒 button on the console. The LED on 🕒 button will light up. Then you have to select the user code. After completed the user profile setup, the TIME LED will light up and show the preset time as 30:00 and blank. Press the INCLINE UP/DOWN buttons to set your ideal workout time then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the TIME counts down from the preset time. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

COMPUTER OPERATION

GOAL COURSE DISTANCE:

When the computer is in POWER ON status press the  button on the console. The LED on  button lights up. Then you have to select the user code. After completed the user profile setup, the DISTANCE LED will light up and show the preset distance as **0** and begin blinking. Press the INCLINE UP/DOWN buttons to set up the ideal distance then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the DISTANCE counts down from the preset distance. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and incline starts from level 0.

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

GOAL COURSE CALORIES:

When the computer is in POWER ON status press the  button on the console. The LED  button lights up. Then you have to select the user code. After completed the user profile setup, The CALORIES LED will light up and show the preset calories burned as **0** and blinking. Press the INCLINE UP/DOWN buttons to set up the desired calories then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the CALORIES count down from the preset calories. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. The Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

KILLER HILLS:

When the treadmill is in PROGRAM SELECT status, press the  button. Then you have to select the user code. After completed the user profile setup, the LEVEL display will show **01** and be blinking. There are total of 12 different workout levels that can be selected. Press the INCLINE UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 24 minutes. Press the INCLINE UP/DOWN button to adjust the time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes in MIN. GRADE% and 2 minutes in MAX. GRADE%. Repeat in 4 minute segments until the time counts down to zero.

Pre-set speed 2.0MPH/3.2KMPH, adjust the speed using the SPEED UP/DOWN BUTTON,

KILLER HILLS WORKOUT

LEVEL	MIN. GRADE%	MAX. GRADE%
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9	13
11	10	14
12	11	15

COMPUTER OPERATION **SPEED INTERVAL:**

When treadmill is in PROGRAM SELECT status, press  button. Then you have to select the user code. After completed the user profile setup, the LEVEL display will show a blinking **01**. There are a total of 12 different workout levels that can be selected. Press the INCLINE UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 24 minutes. Press the INCLINE UP/DOWN button to adjust the time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes in MIN. SPEED and 2 minutes in MAX. SPEED. Repeat this in 4 minutes segments until the time counts down to zero.

Pre-set INCLINE LEVEL at 0%. Adjust the incline level using the INCLINE UP/DOWN button during the workout.

SPEED INTERVAL WORKOUT

LEVEL	MIN. SPEED	MAX. SPEED
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2
10	3.6	6.6
11	3.8	7.0
12	4.0	7.2

 WEIGHT LOSS:

When the treadmill is in PROGRAM SELECT status, press the  button. Then you have to select the user code. After completed the user profile setup, the LEVEL will display a blinking **01**. There are a total of 12 different workout levels that can be selected. Press the INCLINE UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 30 minutes. Press the INCLINE UP/DOWN button to adjust the time, 5 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2.5 minutes in MIN. SPEED/GRADE% and 2.5 minutes in MAX. SPEED/GRADE%. Repeat in 5 minute segments until the time counts down to zero.

WEIGHT LOSS WORKOUT

LEVEL	MIN. SPEED	MAX. SPEED	MINI. GRADE%	MAX GRADE%
1	1.6	2.8	0	3
2	1.8	3.0	0	4
3	2.0	3.2	1	5
4	2.2	3.4	1	6
5	2.4	3.6	2	7
6	2.6	3.8	2	8
7	2.8	4.0	3	9
8	3.0	4.2	3	10
9	3.2	4.4	3	11
10	3.4	4.6	4	12
11	3.6	4.8	4	13
12	3.8	5.0	4	14

COMPUTER OPERATION**5K SELF LEARNING/COMPETITION:**

When the treadmill is in PROGRAM SELECT status, press the  button. Then you have to select the user code. After completed the user profile setup, the DISTANCE LED will show 5(KM)/3(MILE). For new users, there is a pre-set speed and incline% program in the computer. Press the START button to start the program. The user can change the speed and incline level during the workout. The DISTANCE will count down to zero then stop. The result time and calories will be saved and shown on the display so the user can select this program again and to challenge himself using the same program.

** HEART RATE CONTROL:**

When the treadmill is in PROGRAM SELECT status, press the  button. Then you have to select the user code. After completed the user profile setup, the TIME LED will show a blinking pre-set workout time of 60:00. Press the INCLINE UP/DOWN button to adjust the workout time then press the ENTER button to confirm. Press the START button to start the program. During the program please make sure to wear the chest belt or hold the hand pulse contact sensor on the handle bar at all times. Exercising without chest belt or failure to hold the contact sensor will cause the program fail and discontinue.

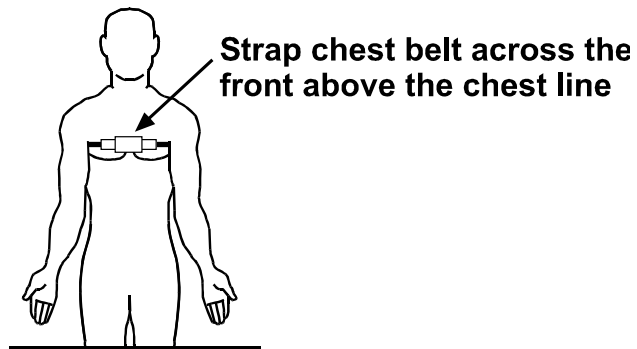
WARM UP – After completing the TIME set up and starting the program, there is a 3 minute WARM UP program to help you reach the minimum target workout heart rate. The speed will start from 2MILE/3.2KM and the incline level will start from 0. If the actual pulse rate does not reach the minimum target workout heart rate, the speed will increase 0.5MILE/0.8KM every 15 seconds. When the actual pulse rate reaches the minimum target workout heart rate, the speed will stop increasing and continue the same speed until the 3 minute warm up is complete and then go into the HEART RATE CONTROL main program. If you cannot reach the minimum target workout heart rate in 3 minutes, the program will continue the 2nd 3 minute WARM UP program. During the 2nd WARM UP program, the speed will remain the same speed as in the first WARM UP program. If the actual pulse rate cannot reach the minimum target workout heart rate, the incline level will add 1% every 15 seconds. When the actual pulse rate reaches the minimum target workout heart rate, the incline will stop changing and continue the same speed and same incline level until the time counts down to zero then enters the HEART RATE CONTROL main program. If during the 2nd WARM UP the user still can not reach the minimum target workout heart rate, the computer will continue on to the 3rd WARM UP procedure for 3 minutes and both speed and incline level will be remain the same as the 2nd WARM UP until the time counts down to zero. If the 3rd WARM UP program still cannot bring up the actual pulse rate to the minimum target workout heart rate, the program will stop and SPEED LED will show FAIL.

HEART RATE CONTROL MAIN PROGRAM – After the actual pulse rate reaches the minimum target workout heart rate and completes the warm up program, the computer will go into the main program and the time will count down from the pre-set time. During the main program, if the actual pulse rate cannot reach the maximum target workout heart rate, the incline level will be increased by 1% every 15 seconds until the pulse rate reaches the maximum target workout heart rate or the incline level will increase by 15%. After the incline level increases to 15% but still does not reach the maximum target workout heart rate the speed will be increase by 0.5MILE/0.8KM every 15 seconds until the pulse rate reaches the maximum target workout heart rate. If the actual pulse is higher than the maximum target workout heart rate, then the incline will be reduced 1% every 15 seconds until the actual heart rate meets the maximum target workout heart rate or the incline level will lower to 0%. Then the speed will be reduced by 0.5MILE/0.8KM every 15 seconds until the actual pulse meets the maximum target workout heart rate.

COOL DOWN – After completing the HEART RATE CONTROL program and the time counts down to zero start the one-minute cool down program. The incline will return to 0% and the speed will lower to 2MILE/3.2KM as the time counts down from 1:00.c

COMPUTER OPERATION**USING THE CHEST BELT HEART RATE MONITOR:**

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.

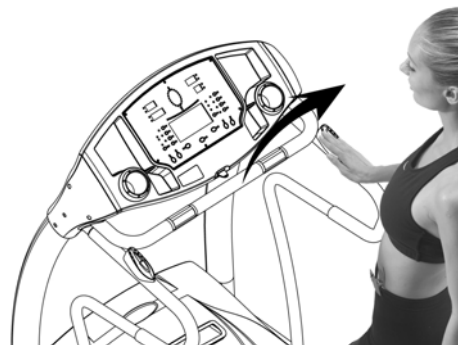


MOTION CONTROL OPERATION

How to use MOTION CONTROL (Note: photos may vary from actual treadmill):

1. Press the  button on the console to switch the motion control function on and off:
 - When the LED light is **ON** the MOTION CONTROL is **active**.
 - When the LED light is **OFF** the MOTION CONTROL is **off**.

2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP. Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up by 0.1 MPH per BEEP.



2. Use right sensor to speed up.

3. Wave you left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH. Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed by 0.1 MPH per BEEP.



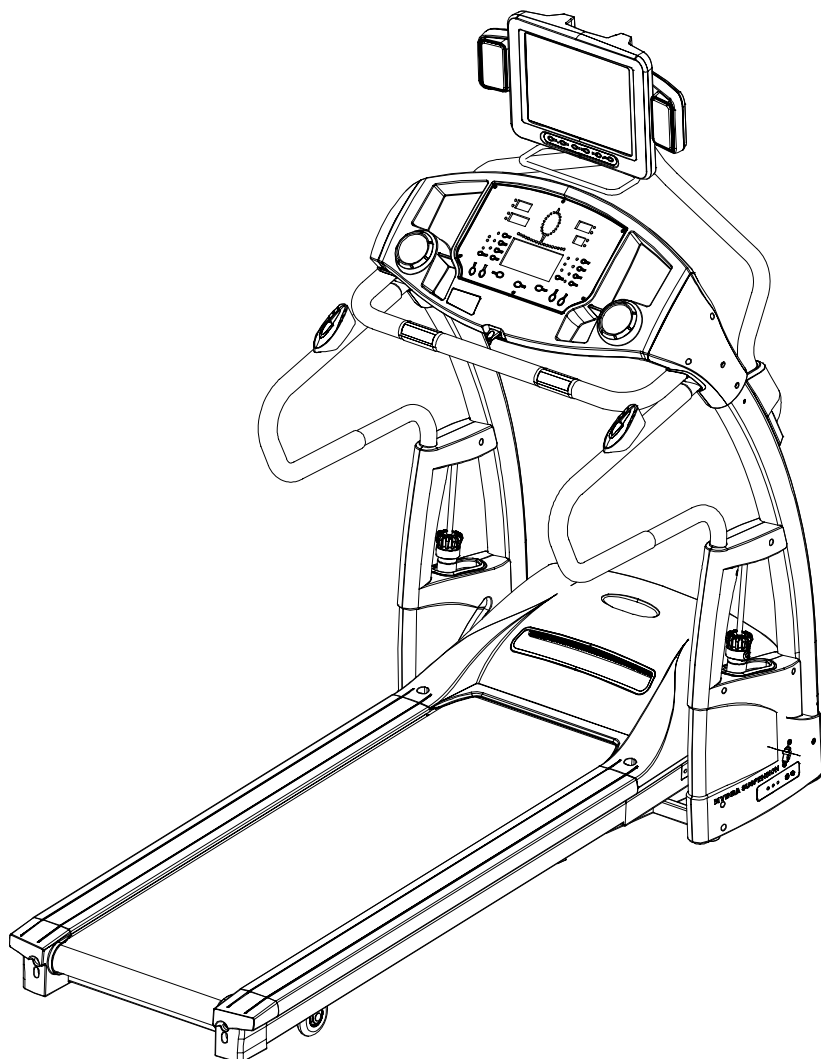
3. Use left sensor to slow down.

4. Wave both hands approximately 6 inches above both motion sensors at the same time. The sensor will sound two short BEEPs then stop the belt.
- **Always switch off the MOTION CONTROL function by pressing the  button before turning off the power to the treadmill.**



4. Use both sensors to stop belt.

9.45TV MOTORIZED TREADMILL



USER WEIGHT LIMITATION: **400lbs(182kgs).**

SERIAL NUMBER (found on frame):



PRECAUTIONS

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: _____ Phone Number: _____ Receipt: _____

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill be sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **400LBS (182 Kgs)**.
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.
- Use "safety key" when operating the treadmill and make sure the "safety key" is clipped to the users clothing.
- Remove the "safety key" and store it in a safe place when the treadmill is not in use. Keep the "safety key" away from children.

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

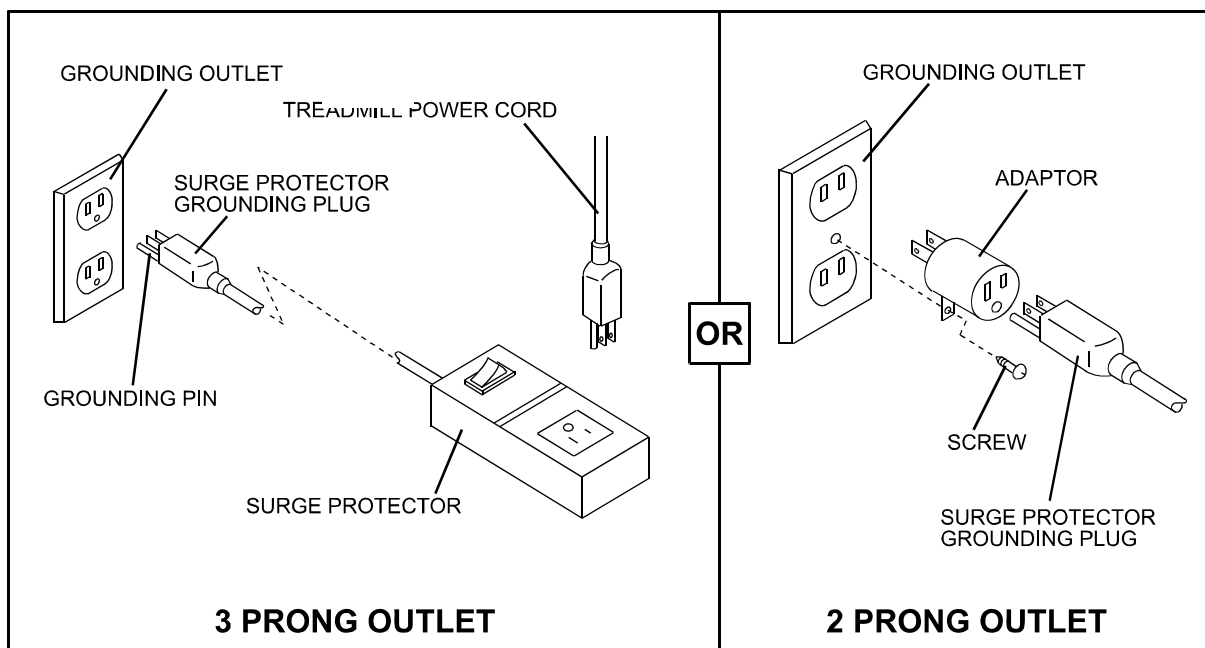
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.

GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



BEFORE YOU BEGIN**Open the boxes:**

Open the boxes of your new equipment. Inventory all parts included in the boxes, and compare them to the Supplied Components and Supplied Hardware lists on pages 5-6 for a full count of the parts included. If you are missing any parts or have any questions contact us directly at 888-800-1167

*Assembly instructions are on pages 19-31.

Gather your tools:

Before you begin, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 400LBS (Approx. 182 Kgs). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Care and maintenance:

The safety level can be maintained only if it is examined for damage and wear.

Replace any defective components immediately and stop all use of the equipment until repaired.

Always take care when mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

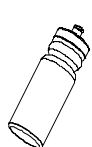
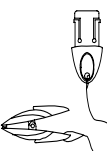
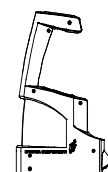
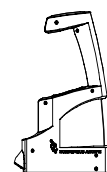
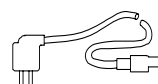
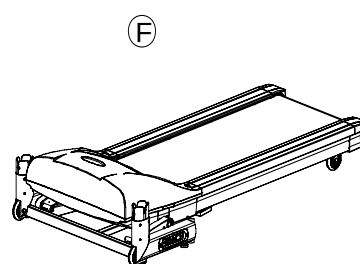
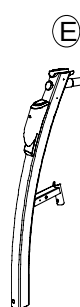
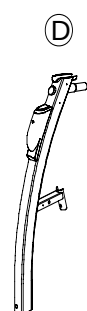
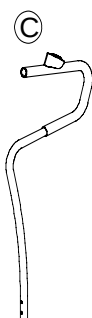
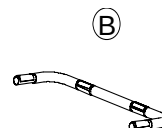
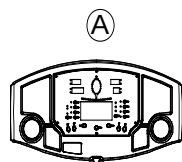
Always check the wear and tear components like pulley, belts, etc....To prevent injury.

There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; you can stop the treadmill immediately by actuating the emergency stop for emergency dismount.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

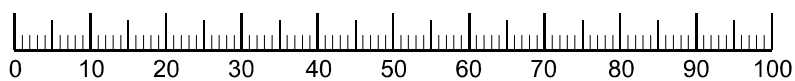
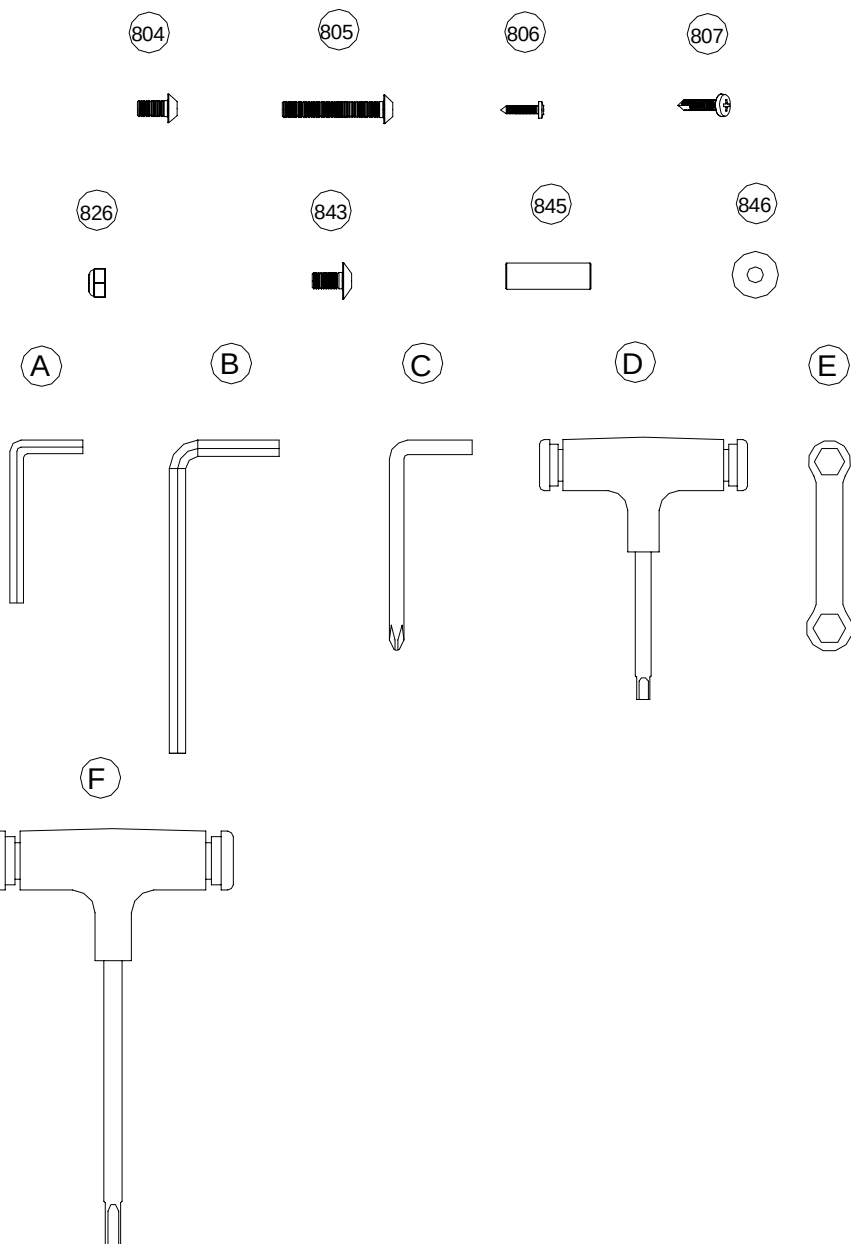
No.	Description	Qty.
A	Computer	1
B	Front Handlebar Assembly	1
C	Handlebar	2
D	Upright Assembly Left	1
E	Upright Assembly Right	1
F	Main Frame Assembly	1
G	Chest Belt	1
F	Power Cord	1
I	Running belt Lubrication	1
310	Adjustable Cylinder	2
303	Upright Cover - LL	1
304	Upright Cover - LR	1
305	Upright Cover - RL	1
306	Upright Cover - RR	1
311	Upright Plastic Shroud - LL	1
312	Upright Plastic Shroud - LR	1
313	Upright Plastic Shroud - RL	1
314	Upright Plastic Shroud - RR	1
315	Adjustable Cylinder Cover - Upper	2
107	Safety Key	2
116	Water Bottle	1



SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
804	M8 × 15mm Bolt	2
805	M8 × 50mm Bolt	12
806	# 8 × 20mm Screw	18
807	4 × 15mm Thread Cutting Screw	19
826	M8 Nylon Nut	2
843	M8 × 15 mm Allen Head Bolt	4
845	13 × 42mm Shaft	2
846	#8 × 23mm Washer	2
A	5mm Allen Key	1
B	8mm Allen Key	1
C	Screwdriver	1
D	5mm Allen Wrench	1
E	Spanner	1
F	6mm Allen Wrench	1



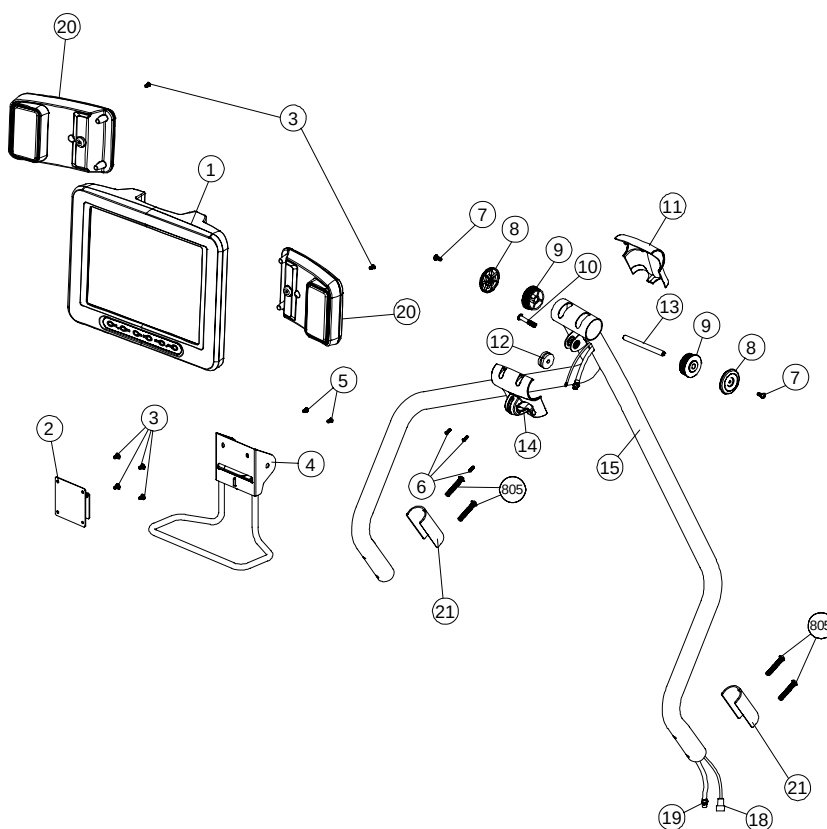
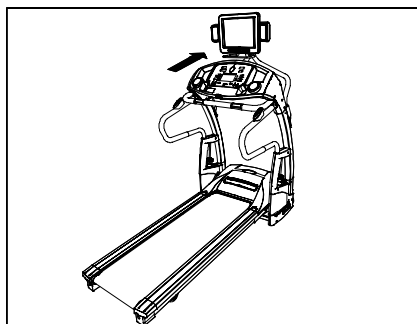
MILLIMETERS

SUPPLIED COMPONENTS

These instructions are for the TV attachment. Prior to assembling the TV attachment, please follow the product assembly instructions to complete the treadmill assembly.

TV attachment parts list :

No.	Description	Qty.
1	TV screen	1
2	TV screen suspension pad	1
3	M6 × 10 Bolt	4
4	TV bracket	1
5	M5 × 10 Bolt	4
6	M3 × 10 Bolt	10
7	M6 × 10 Allen head bolt	2
8	Pivot side cover	2
9	Pivot bushing	2
10	M8 × 45 Allen head bolt	1
11	Pivot top cover	1
12	Spacer	1
13	Pivot shaft	1
14	Pivot bottom cover	1
15	TV bracket support tube	1
16	Support tube cover	2
18	Cable wire	1
19	TFT TV 8Pin wire	1
20	Extra Speaker	2
21	Support bracket	2
805	M8 × 50mm Bolt	4



COMPLETE PARTS LIST

Item No.		Description	Qty.	Part No.
9.45TV-100		Complete Computer Console		
	101	Overlay	1	9.45TV-101
	102	Computer Insert	1	9.45TV-102
	103	Console PC Board	1	9.45TV-103
	104	Console Housing – Upper	1	9.45TV-104
	105	Console Housing – Bottom	1	9.45TV-105
	106	Safety Key Base	1	9.45TV-106
	107	Safety Key	1	9.45TV-107
	108	Safety Key Wire – Upper	1	9.45TV-108
	109	Computer Wire – Upper	1	9.45TV-109
	110	Computer Ground Wire	1	9.45TV-110
	111	Hand Pulse Wire – Upper	2	9.45TV-111
	112	E – Prom	1	9.45TV-112
	113	Motion Control Board	1	9.45TV-113
	114	Motion Control Board Wire	1	9.45TV-114
	115	Motion Control Sensor Wire	2	9.45TV-115
	116	Water Bottle Holder	2	9.45TV-116
9.45TV-200		Complete Handle Bar Components		
	201	Handle Bar Upright	2	9.45TV-201
	202	Handle Bar Upright Foam Grip	2	9.45TV-202
	203	Front Handle Bar	1	9.45TV-203
	204	Front Handle Bar Foam Grip-Short	1	9.45TV-204
	205	Front Handle Bar Foam Grip-Long	2	9.45TV-205
	206	Hand Pulse Set	2	9.45TV-206
	207	Motion Control	2	9.45TV-207
	208	Motion Control Base	2	9.45TV-208
9.45TV-300		Complete Upright Components		
	301	Upright	2	9.45TV-301
	303	Upright Cover-LL	1	9.45TV-303
	304	Upright Cover-LR	1	9.45TV-304
	305	Upright Cover-RL	1	9.45TV-305
	306	Upright Cover-RR	1	9.45TV-306
	307	Safety Key Wire – Middle	1	9.45TV-307
	308	Computer Wire – Upper	1	9.45TV-308
	309	Motion Control Sensor Wire - Middle	2	9.45TV-309

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
310	Adjustable Cylinder	2	9.45TV-310
311	Upright Plastic Shroud – LL	1	9.45TV-311
312	Upright Plastic Shroud – LR	1	9.45TV-312
313	Upright Plastic Shroud – RL	1	9.45TV-313
314	Upright Plastic Shroud – RR	1	9.45TV-314
315	Adjustable Cylinder Cover - Upper	2	9.45TV-315
318	Fixing Inserts	2	9.45TV-318
9.45TV-400	Complete Base Frame Components		
401	Base Frame	1	9.45TV-401
402	Safety Key Wire – Lower	1	9.45TV-402
403	Computer Wire –Lower	1	9.45TV-403
404	Power Switch Plate Cover	1	9.45TV-404
405	Power Switch Plate	1	9.45TV-405
406	Power Breaker	1	9.45TV-406
407	Power Switch	1	9.45TV-407
411	Bushing	4	9.45TV-411
412	Fix Bolt Sets	2	9.45TV-412
413	Front Caster	2	9.45TV-413
414	Rubber Cushion	2	9.45TV-414
415	Level Adjuster	2	9.45TV-415
416	Base Frame End Cap	2	9.45TV-416
417	Cushion	2	9.45TV-417
425	I/O Console	1	9.45TV-425
426	Shock	1	9.45TV-426
9.45TV-500	Complete Motor Components		
501	Motor Hood	1	9.45TV-501
502	Elevation Motor	1	9.45TV-502
503	Elevation Gear Sleeve	1	9.45TV-503
504	Driving Motor	1	9.45TV-504
505	Motor Holder	1	9.45TV-505
506	Driving Belt	1	9.45TV-506
507	Motor Control Board	1	9.45TV-507
508	Elevation Control Board	1	9.45TV-508

COMPLETE PARTS LIST

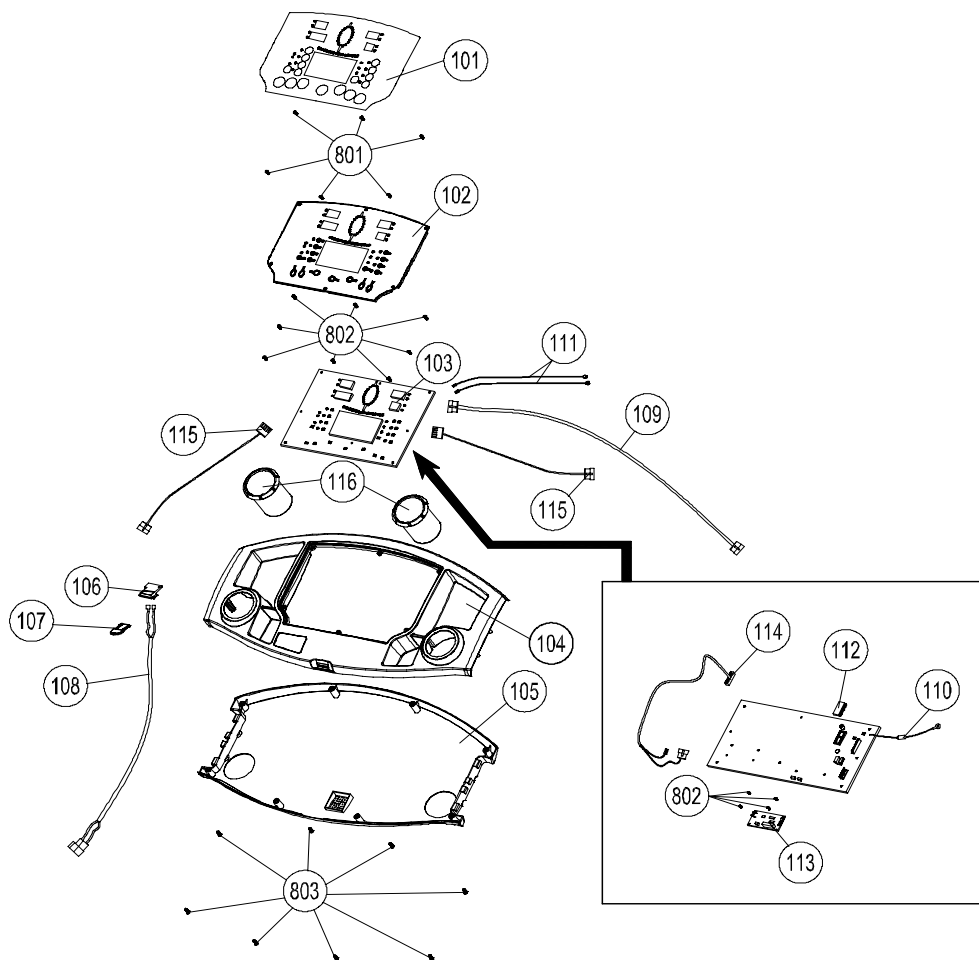
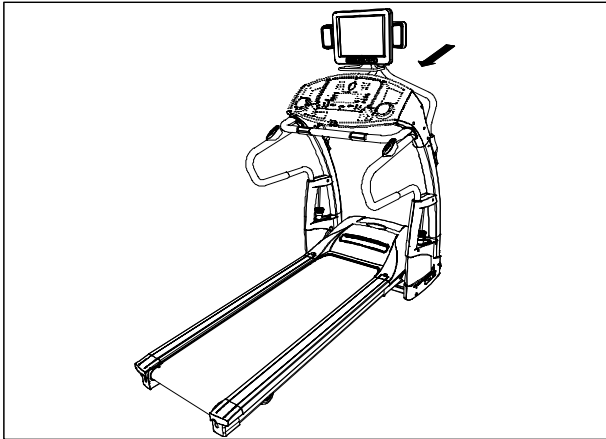
Item No.	Description	Qty.	Part No.
509	Elevation Support Tube	1	9.45TV-509
510	Elevation Support Tube Cover - LEFT	1	9.45TV-510
511	Motor Bottom Cover	1	9.45TV-511
512	Deck Frame Side Cover - LEFT	1	9.45TV-512
513	Plastic Clamp - TOP	2	9.45TV-513
514	Plastic Clamp - BOTTOM	2	9.45TV-514
515	Elevation Support	2	9.45TV-515
516	Deck Rubber Cushion	2	9.45TV-516
517	Rear Vent Cover	1	9.45TV-517
518	Elevation Support Tube Cover - RIGHT	1	9.45TV-518
519	Deck Frame Side Cover – RIGHT	1	9.45TV-519
9.45TV-600	Complete Running Deck Components		
601	Running Belt	1	9.45TV-601
602	Side Rail	2	9.45TV-602
603	Running Deck	1	9.45TV-603
604	Side Rail End Cap - LEFT	1	9.45TV-604
605	Side Rail End Cap - RIGHT	1	9.45TV-605
9.45TV-700	Complete Deck Frame Components		
701	Deck Frame	1	9.45TV-701
702	Front Roller Shaft	1	9.45TV-702
703	Front Roller Tube	1	9.45TV-703
704	Roller Bearing 6202	4	9.45TV-704
705	Rear Roller Shaft	1	9.45TV-705
706	Rear Roller Tube	1	9.45TV-706
707	Running Deck Support Tube	1	9.45TV-707
708	Deck Frame – Rear	1	9.45TV-708
709	Steady Frame	1	9.45TV-709
413	Rear Caster	2	9.45TV-413
9.45TV-800	Complete Hardware Pack		
801	# 6 × 12mm Screws	10	9.45TV-801
802	M4 × 6mm Screws	12	9.45TV-802
803	M8 × 12mm Screws	8	9.45TV-803

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
804	M8 × 15mm Bolt	3	9.45TV-804
805	M8 × 50mm Bolt	16	9.45TV-805
806	# 8 × 20mm Screw	20	9.45TV-806
807	4 × 15mm Thread Cutting Screw	19	9.45TV-807
808	M5 × 10mm Screws	4	9.45TV-808
809	M8 × 16 Screws	20	9.45TV-809
813	Washer	4	9.45TV-813
814	Nylon Nut	6	9.45TV-814
816	M14 × 90 Screws	3	9.45TV-816
817	Bearing	4	9.45TV-817
818	M10 × 35mm Screws	10	9.45TV-818
819	M8 × 10mm Screws	7	9.45TV-819
820	M8 × 50mm Screws	2	9.45TV-820
821	M10 × 63mm Bolts	1	9.45TV-821
822	Fixed Block	8	9.45TV-822
823	M8 × 120mm Bolts	1	9.45TV-823
824	Plate Washer	2	9.45TV-824
825	Spring	1	9.45TV-825
826	M8 Nylon Nut	2	9.45TV-826
827	M8 × 20mm Screws	6	9.45TV-827
828	Spring Washer	12	9.45TV-828
829	Washer	2	9.45TV-829
830	M10 × 136mm Screws	1	9.45TV-830
832	M8 × 25mm Screws	8	9.45TV-832
833	Hexagon Nut	10	9.45TV-833
834	M6 × 70mm Bolts	3	9.45TV-834
838	M10 × 43mm Bolts	2	9.45TV-838
839	Cushion Pad	10	9.45TV-839
840	M10 × 40mm Screws	1	9.45TV-840
841	M6 × 10mm Screws	2	9.45TV-841
842	M10 × 30mm Allen Head Bolt	2	9.45TV-842
843	M8 × 15mm Allen Head Bolt	4	9.45TV-843
845	13 × 42mm Shaft	2	9.45TV-845
846	#8 × 23mm Washer	2	9.45TV-846
847	M5 × 12mm Flat Head Bolt	2	9.45TV-847

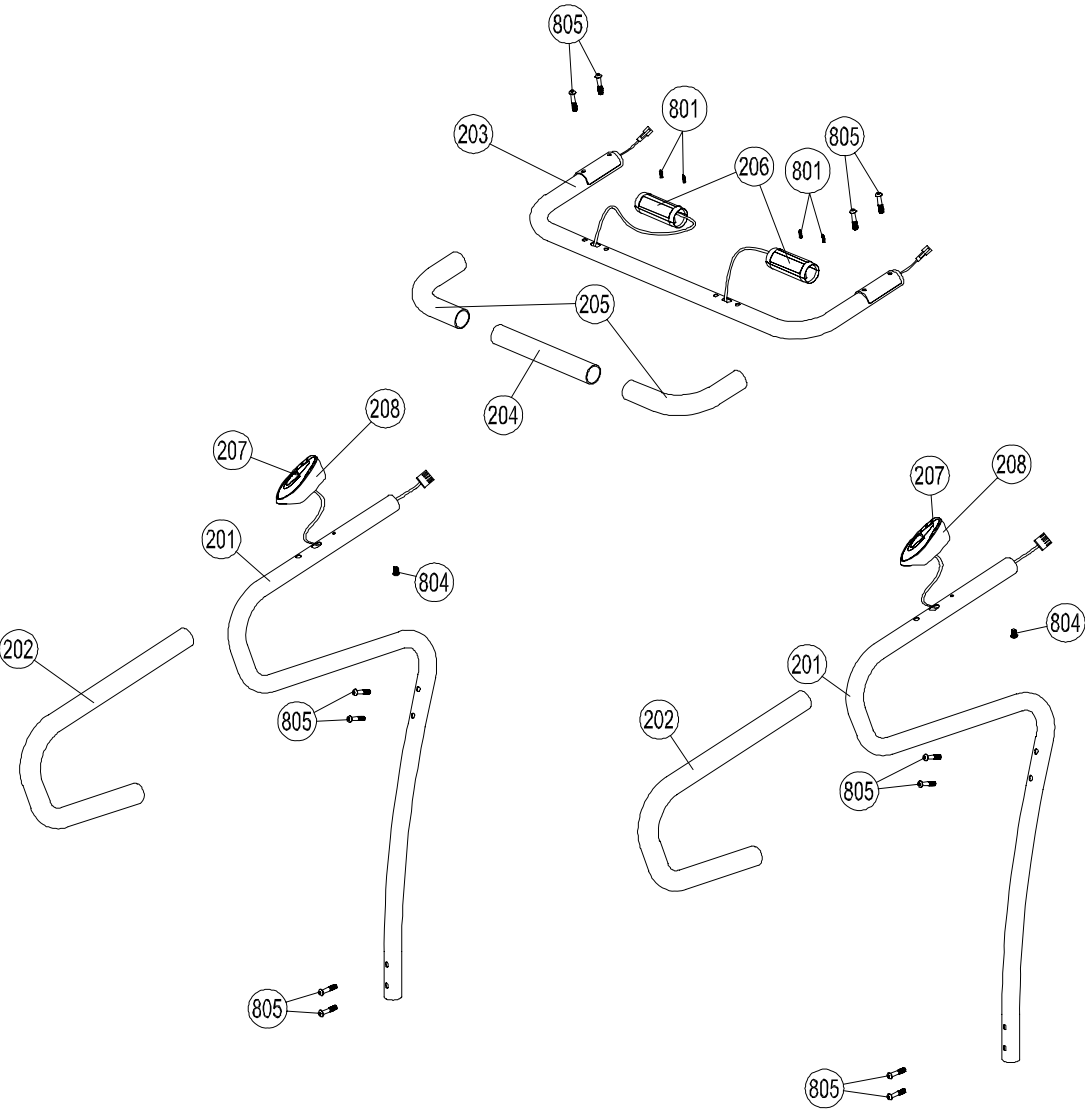
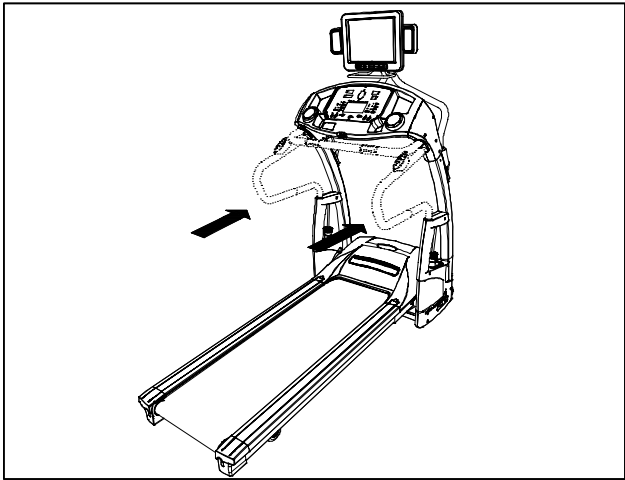
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED



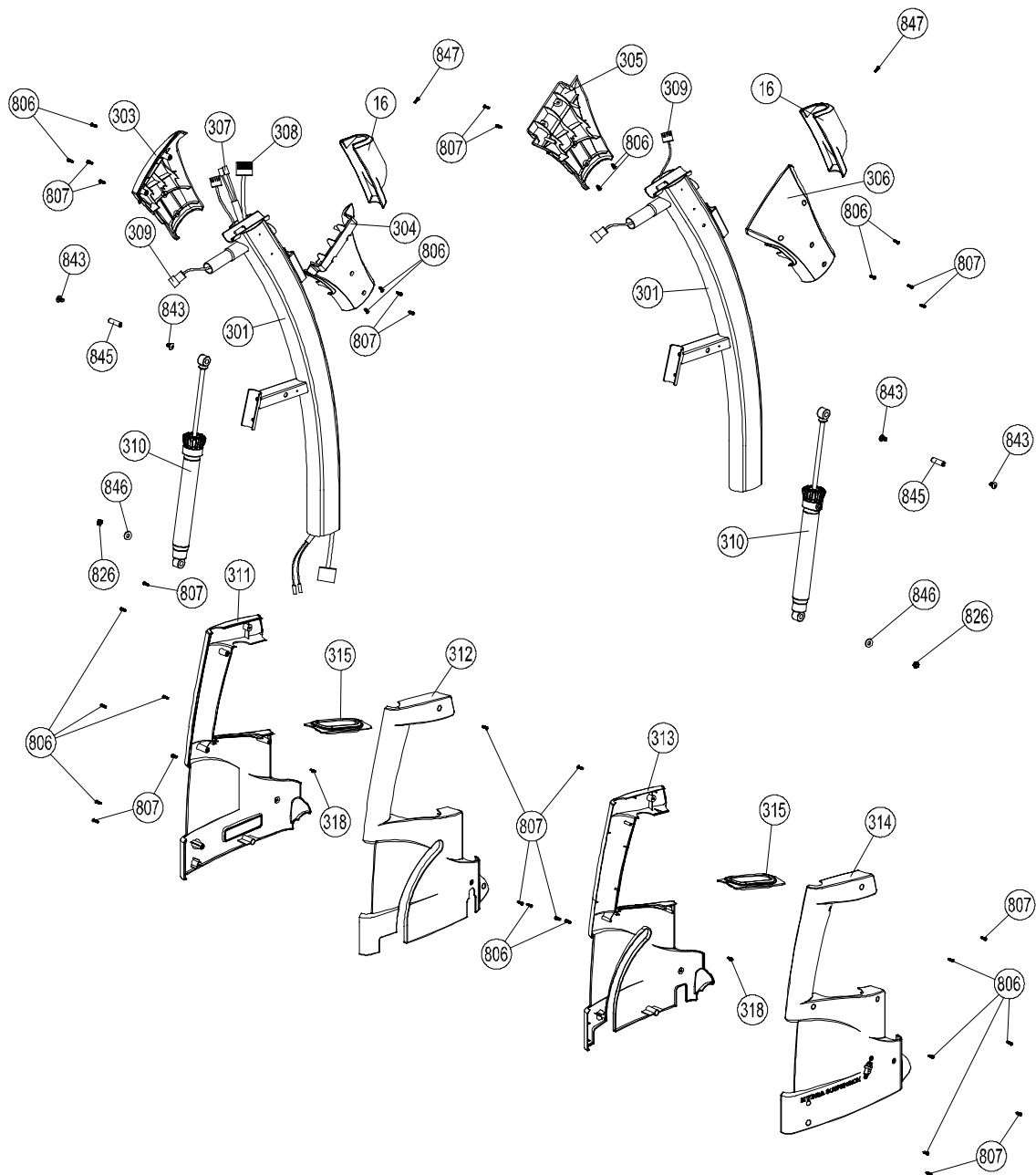
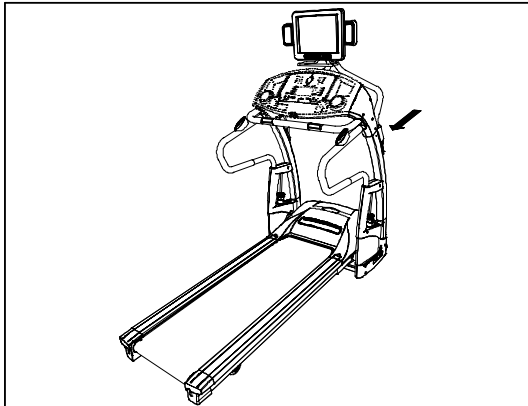
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



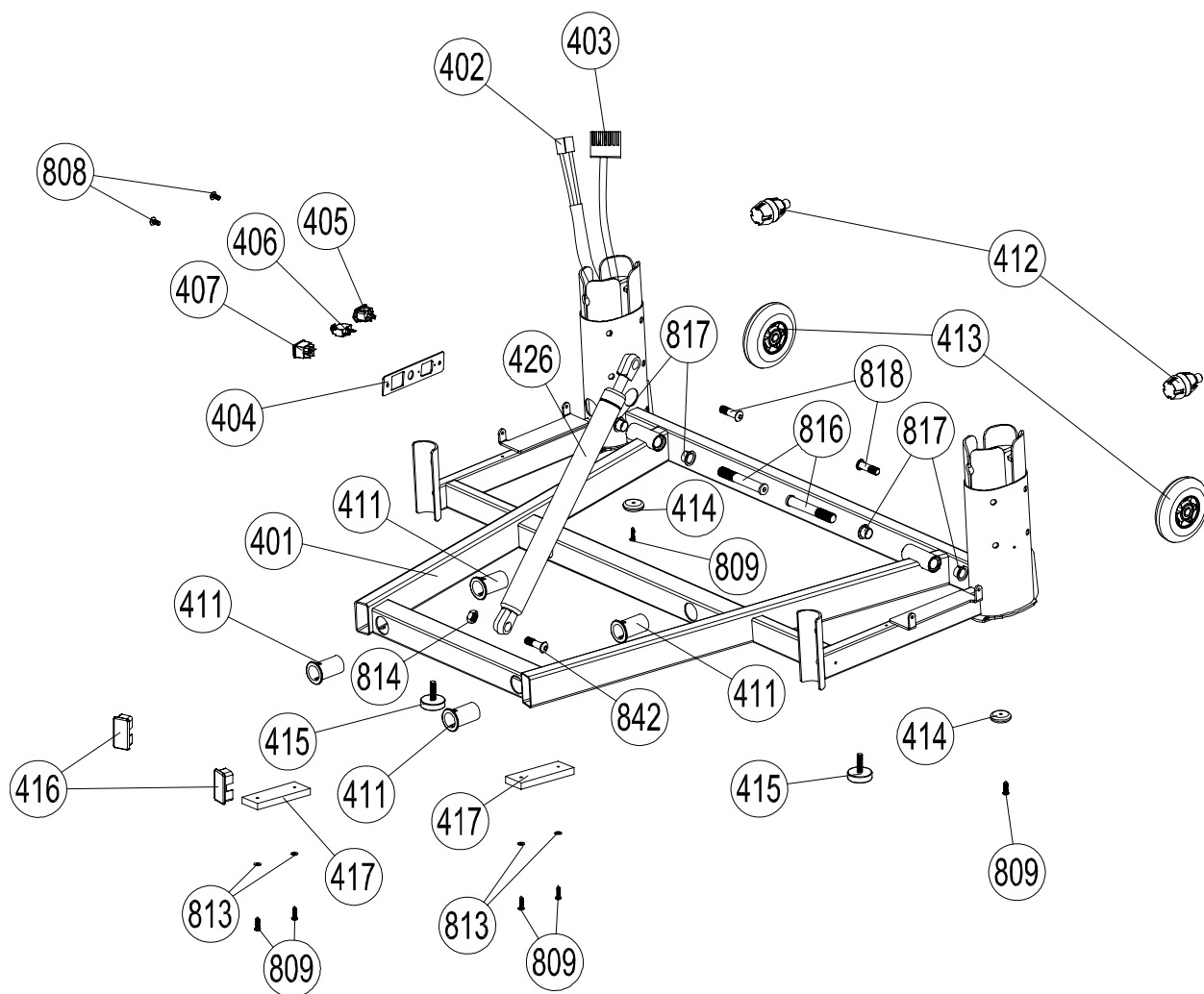
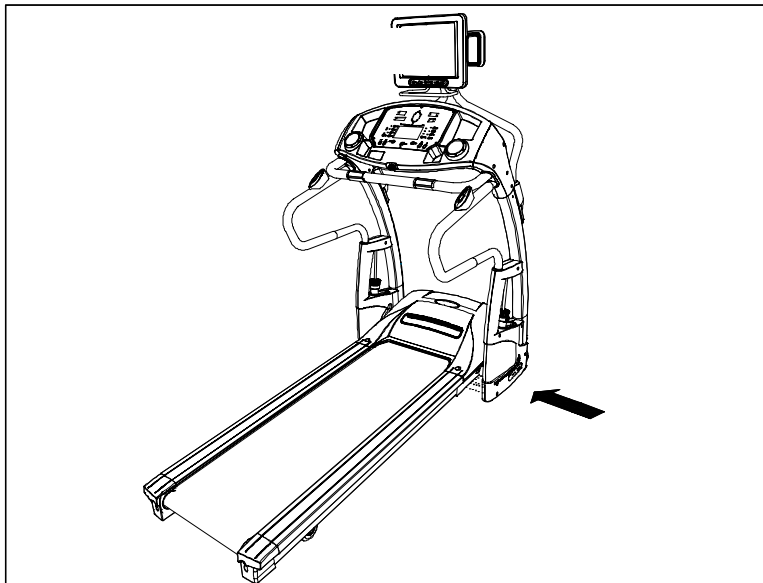
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



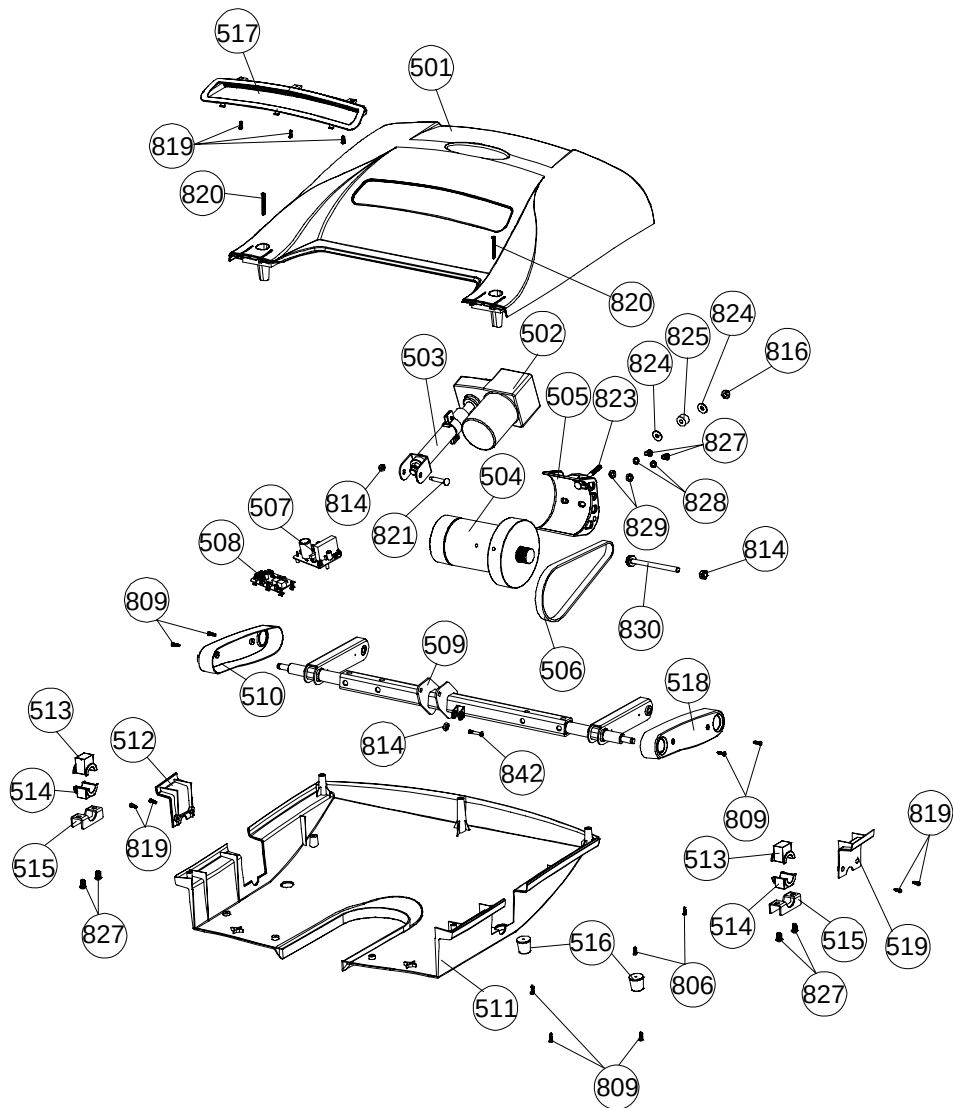
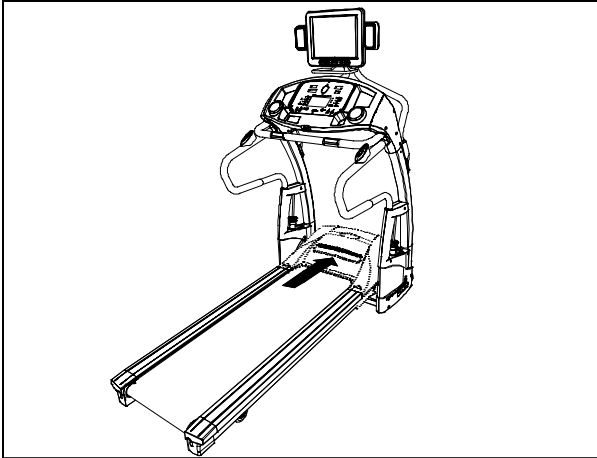
PARTS DIAGRAM

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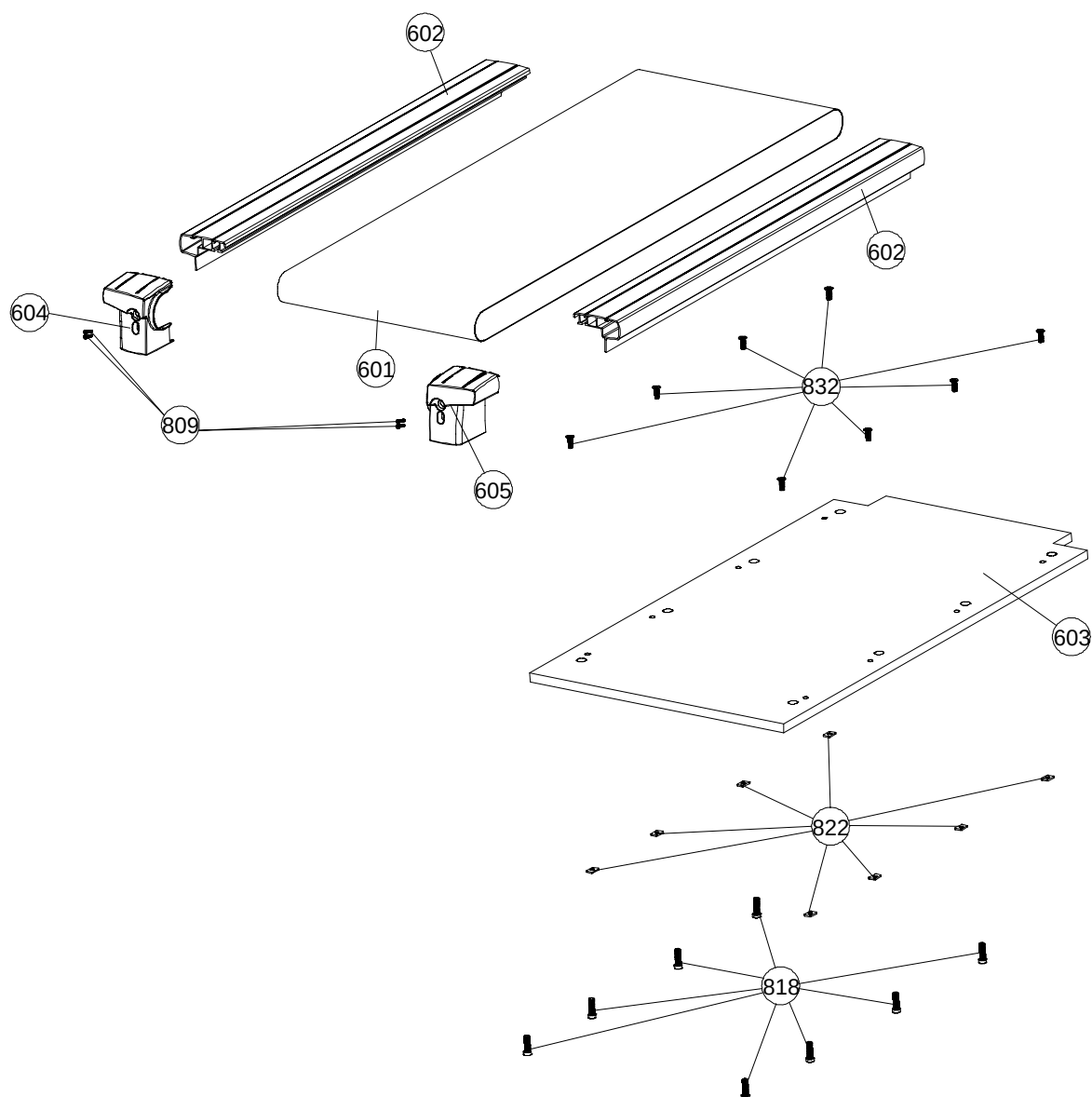
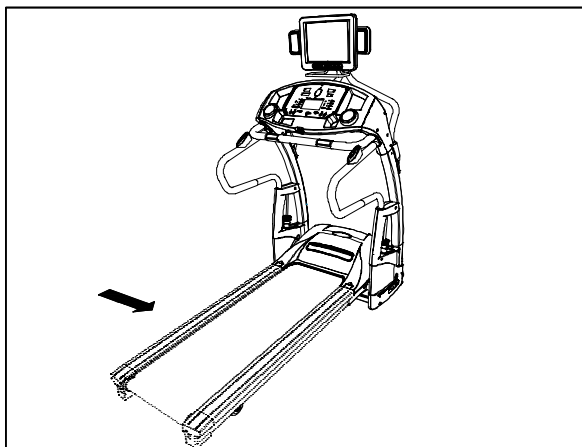
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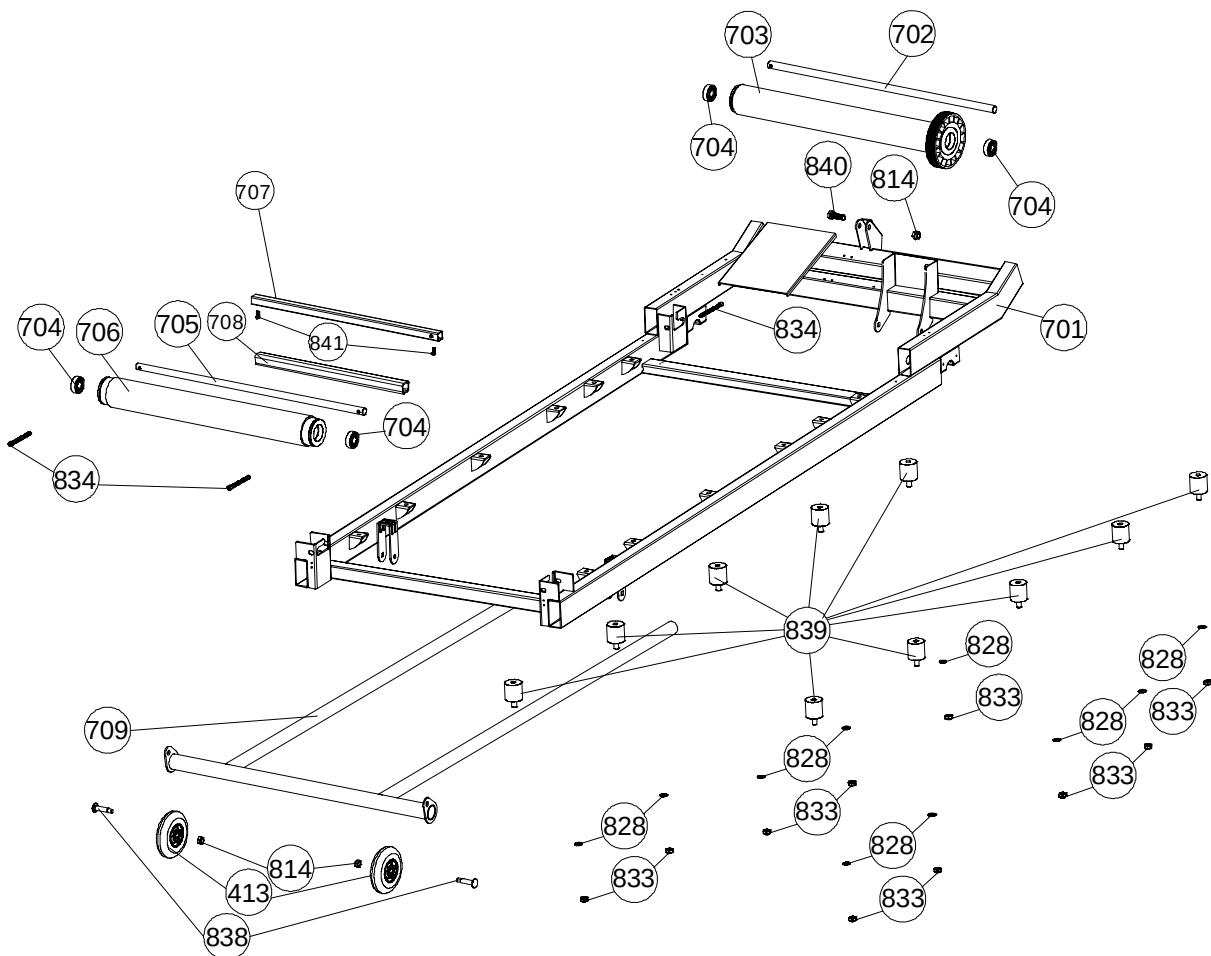
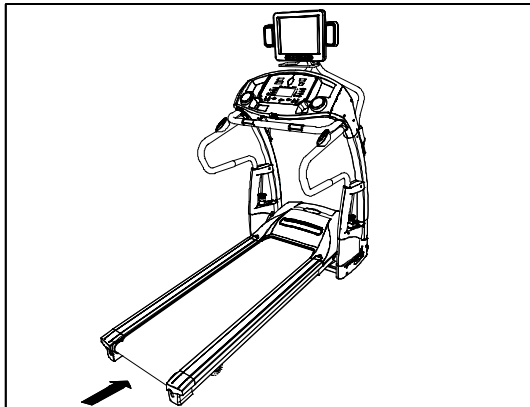
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



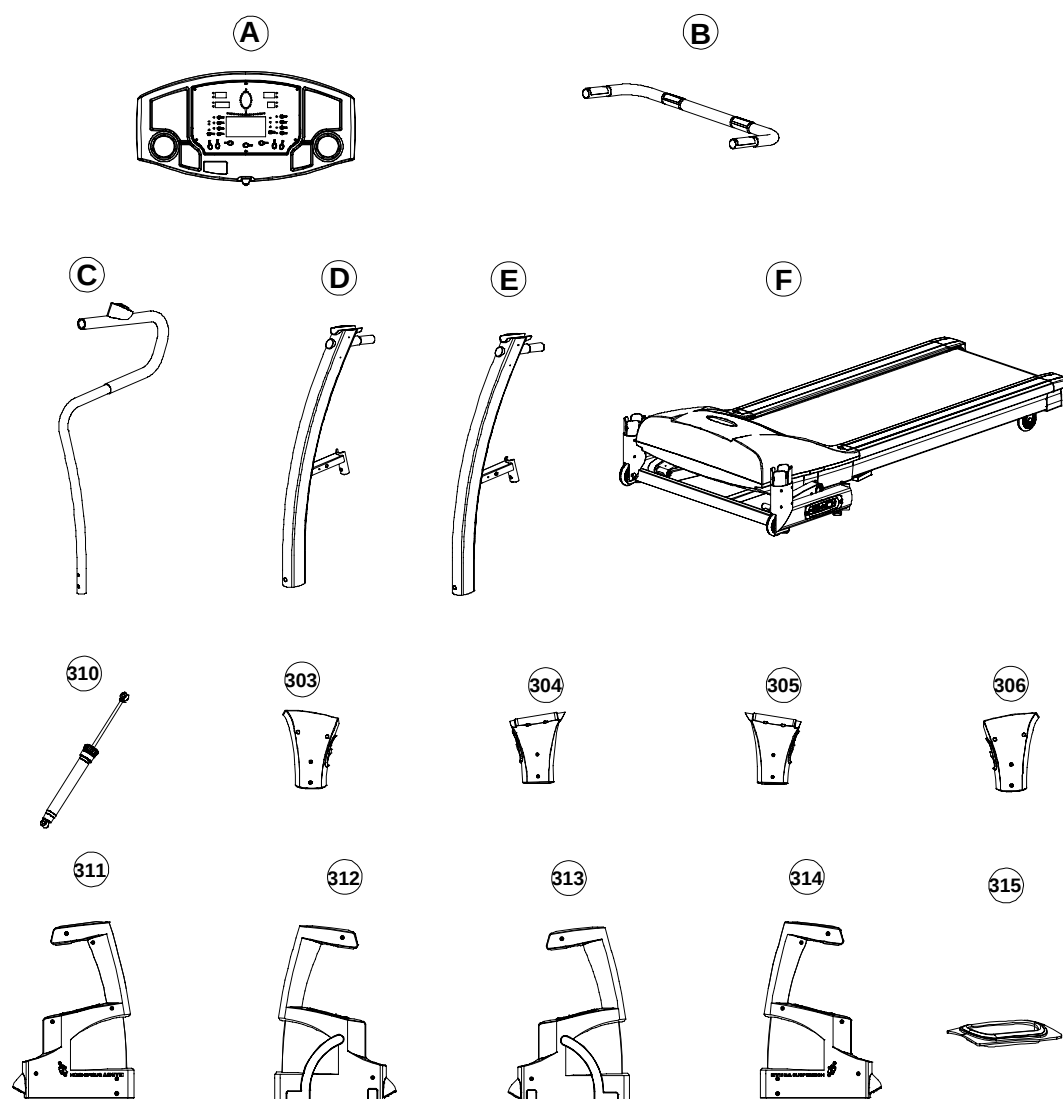
ASSEMBLY**STEP 1: Unpacking and Inventory**

(A) Remove your treadmill from the carton and place it on the floor in an open area.

(B) Remove the treadmill and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 5-6

(D) After verifying inventory if there are any missing parts please contact Smooth fitness at 1-888-800-1167.



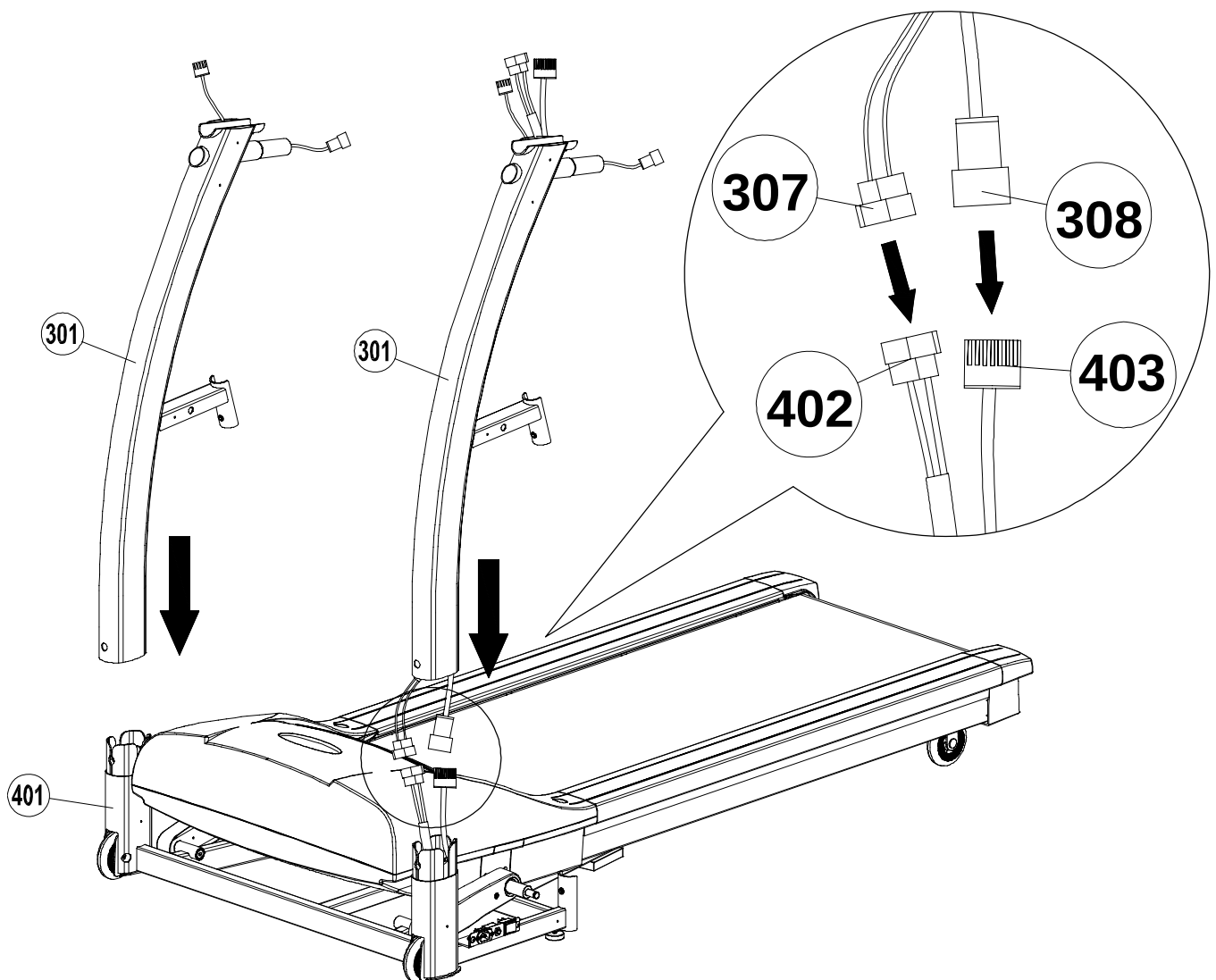
ASSEMBLY**STEP 2: Assemble Upright Frame**

NOTE: Make sure all wires are recessed into the frame. DO NOT trap or pinch DO NOT tighten bolts until STEP13

(A) Connect the Lower and middle section wire as seen below (307 to 402)(308 to 403)

(B) Insert any extra cable length into the Left Upright (301).

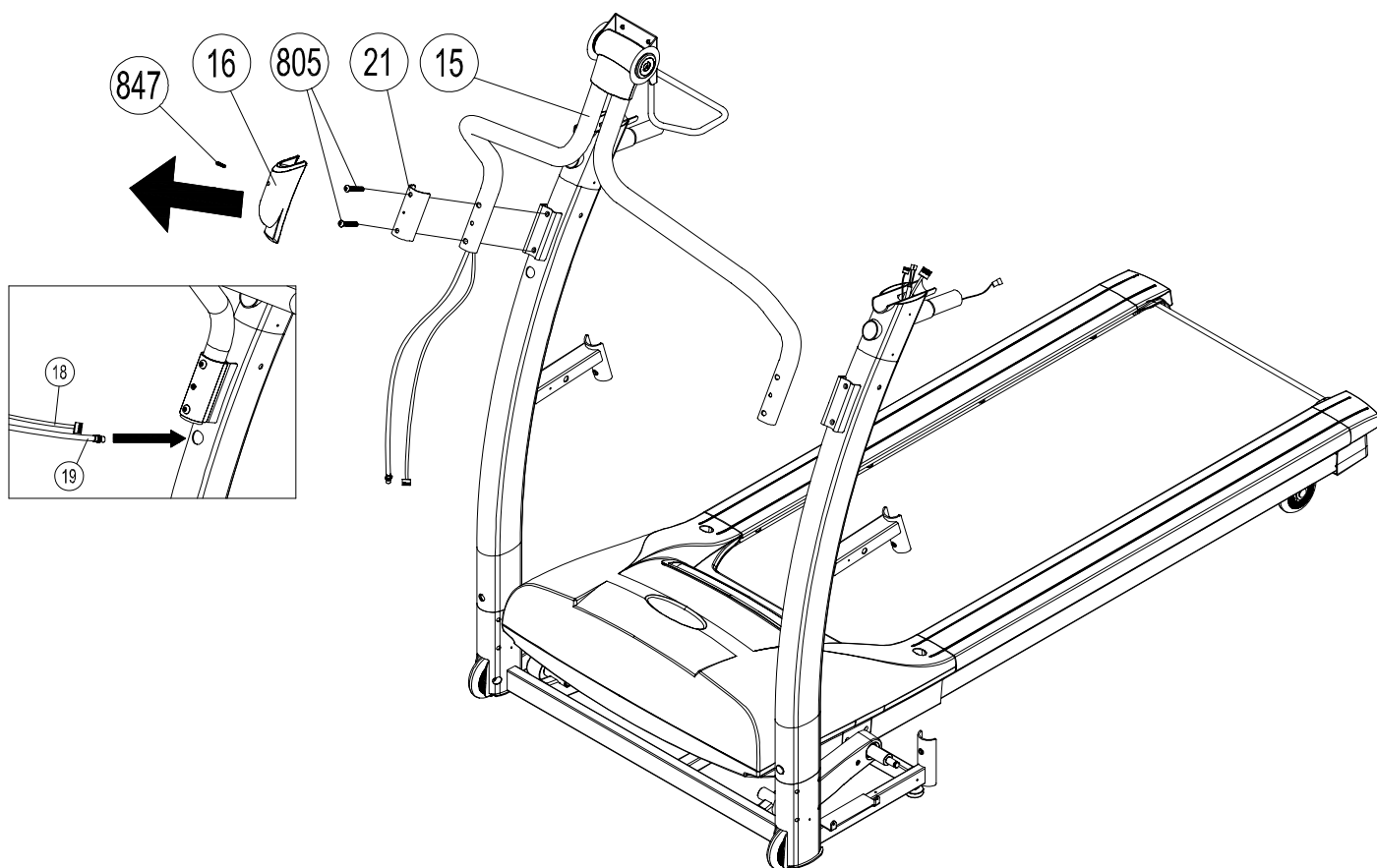
(C) Insert the Left and Right Uprights (301) into the Base Frame (401).



ASSEMBLY**STEP 3: Assemble the TV Left Support tube**

- (A) Loose the M5 x 12mm Screws(847) and remove the TV support tube cover(16)
- (B) Loose the M8 x50mm bolts(805) and remove the TV Support bracket(21)
- (C) Attach the TV bracket support tube(15) to the Left and Right Upright.
- (D) Attach one TV support bracket(21) onto the left upright and Secure with the two M8 x50mm bolts (805)
- (E) Find the 8pins wire(18) and the TV cable wire(19) from TV bracket support tube, insert them through the upper hole on left upright .

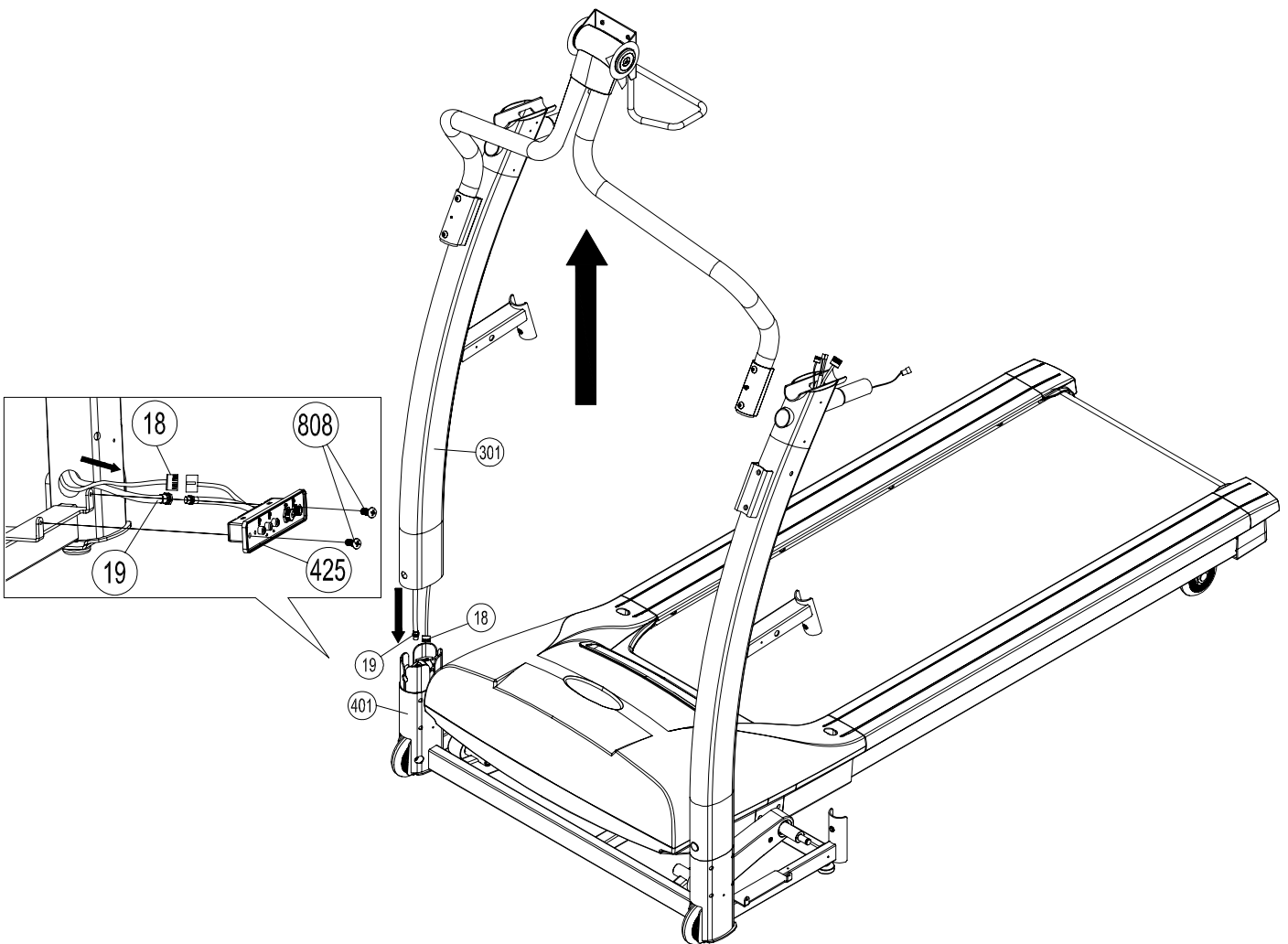
805

X2

ASSEMBLY**STEP 4: Connect the TV wire and assemble I/O Console**

- (A) Pull out the Left Upright(301) and put the TV 8pin wire(18) and TV Cable wire(19) out from the lower hole on Base Frame(401)
- (B) Connect the TV 8pin wire(18) and TV Cable wire(19) to the I/O console(425).
- (C) Secure the I/O console(425) onto the base frame with two M5 x 10 Screws mm(808)

808

X2

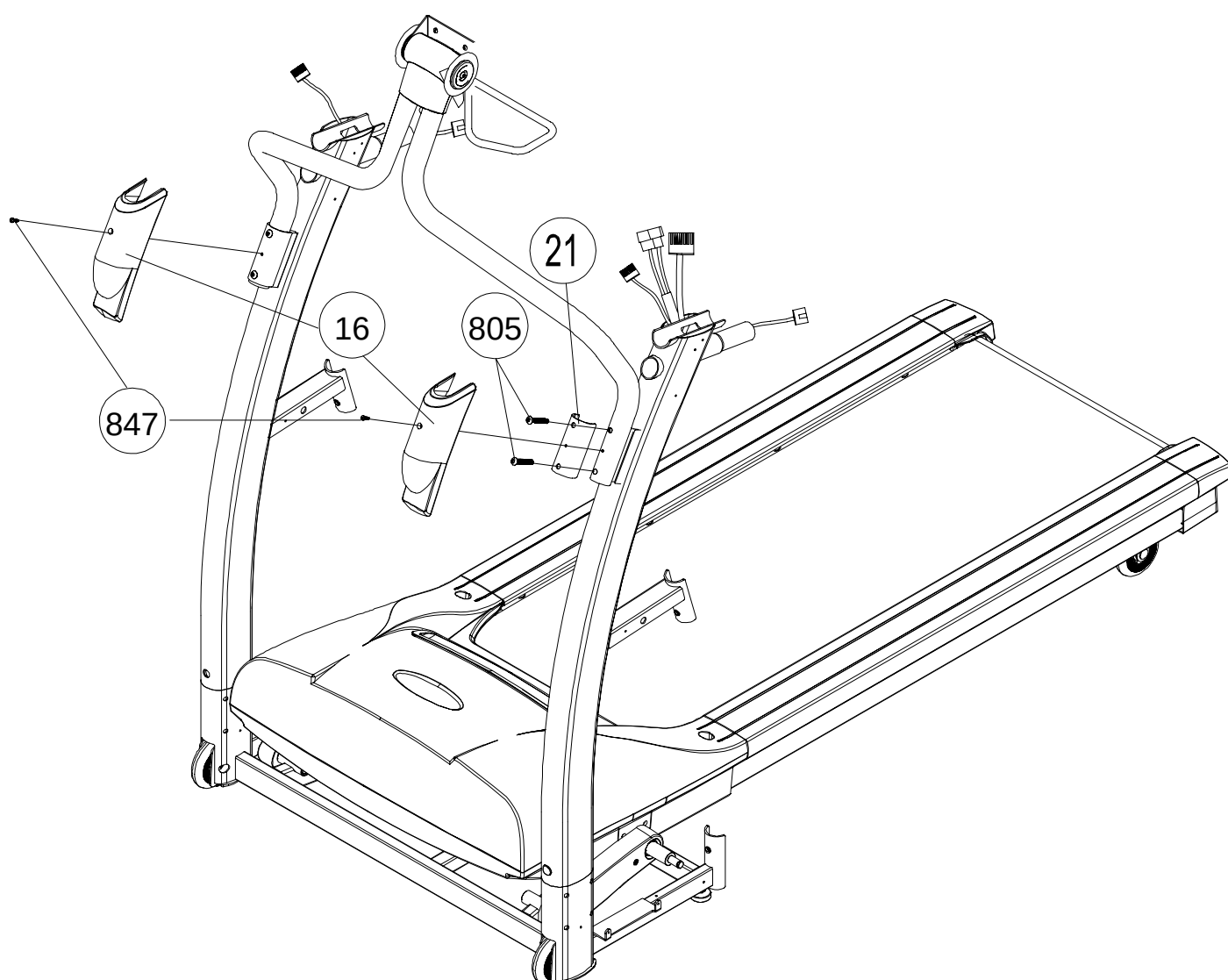
ASSEMBLY**STEP 5: Attaching the Support Tube Cover**

(A) Attach the Right TV support bracket and Secure the TV support bracket with two M8 x 50mm(805)

805 **X2** 

(B) Attach the TV support tube cover(16) and Secure them with the M5 x 12mm bolt(847)

847 **X2** 



ASSEMBLY

STEP 6: Assemble the Side Handlebars

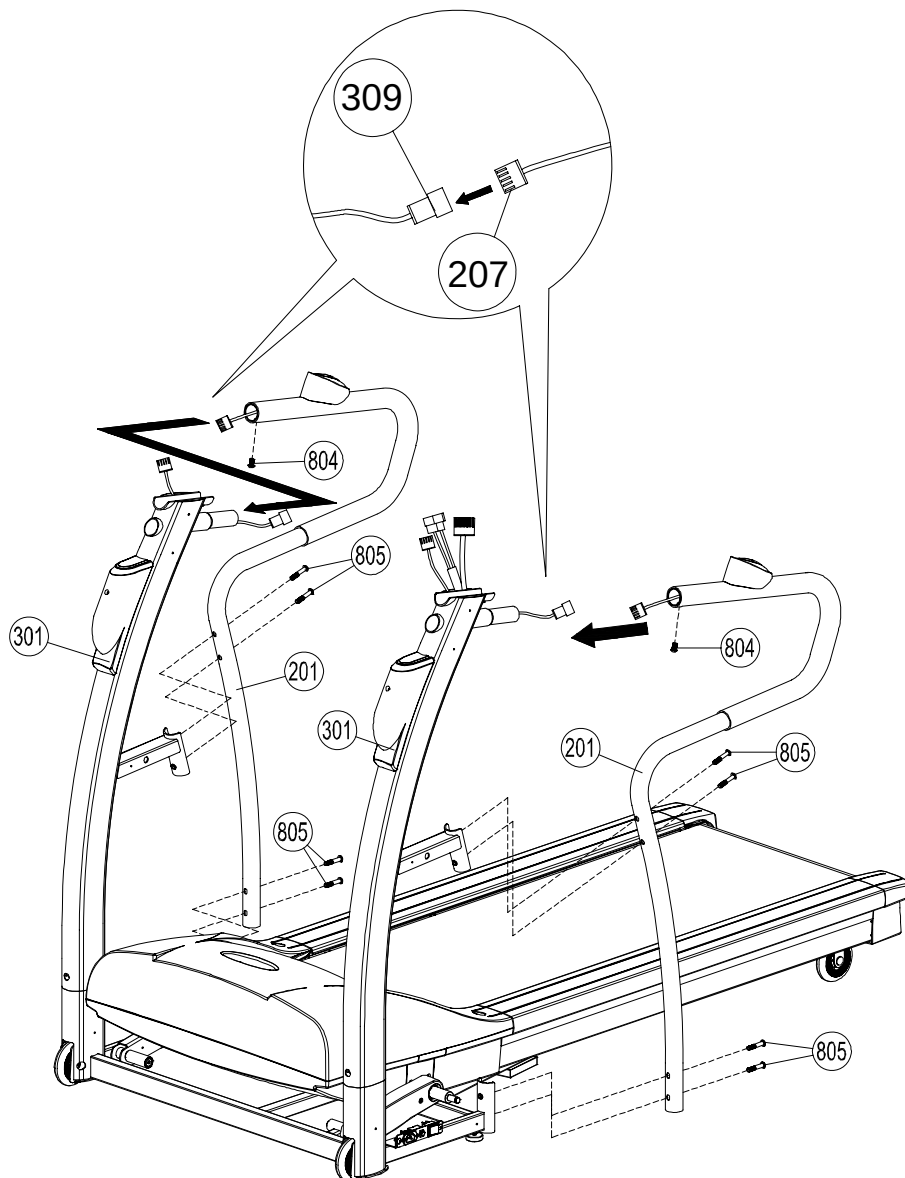
NOTE: Side rails are interchangeable for use on both right and left sides. Make sure all wires recessed into the frame. DO NOT trap or pinch.

(A) Connect the Left Motion Control lower wire to the middle wire (207 to 309).
As Shown in the diagram below.

(B) Insert the Left Handlebar (201) into the Upright Tube (301). Using one M8 x 15mm bolts (804) to secure the upper portion. Use two M8 x 50mm Bolts (805) to secure the lower portion to the base frame.

(C) Repeat the above process for the Right side.

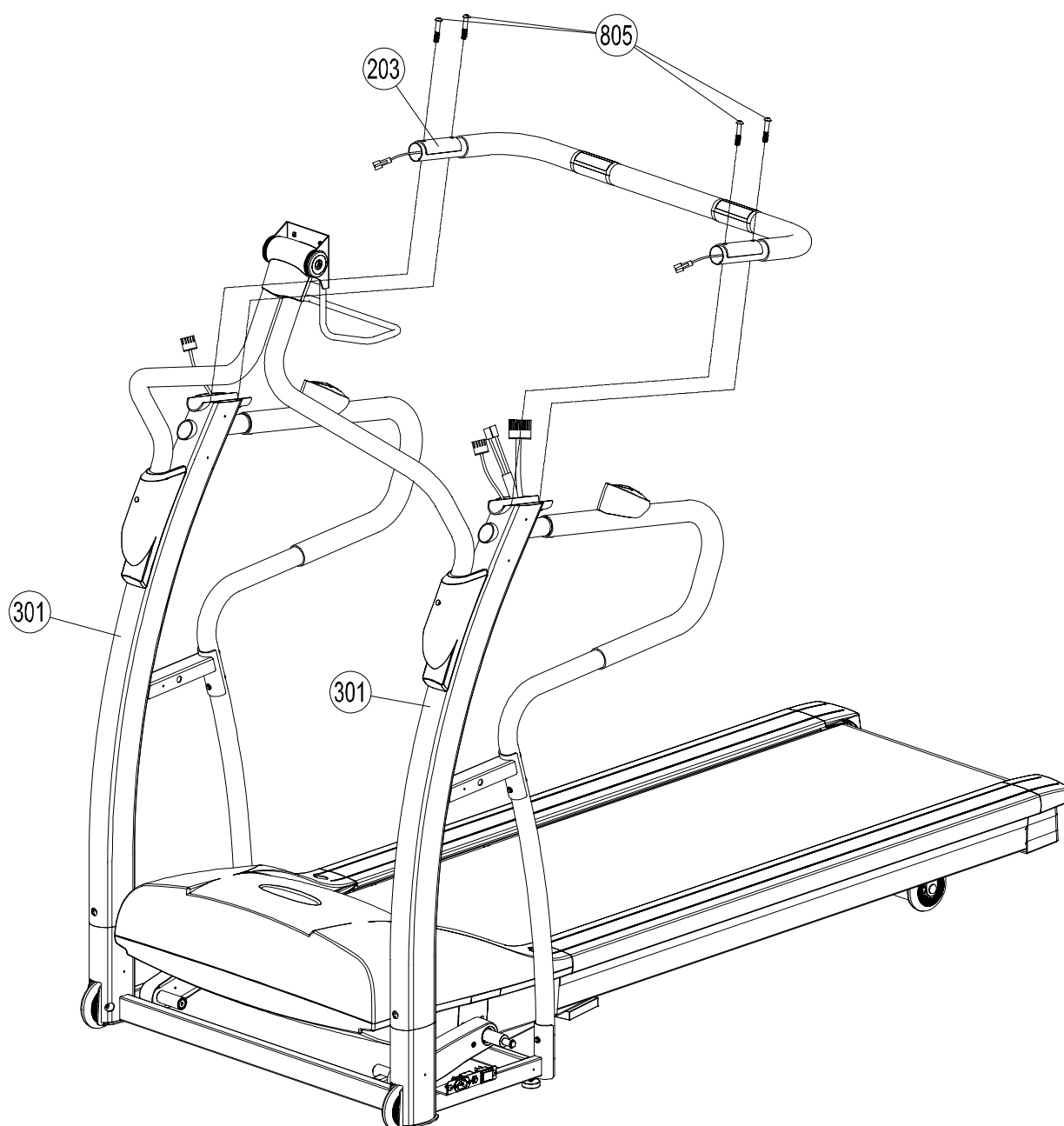
805 X2



ASSEMBLY**STEP 7: Assemble Front Handlebar**

- (A) Place the front handlebar (203) on top of the left and right uprights (301)
- (B) Now secure the front handle bar with four M8 x 50mm bolts(805)
- (C) Tighten all handlebar hardware (be sure not to pinch wires).

805 **X4** 



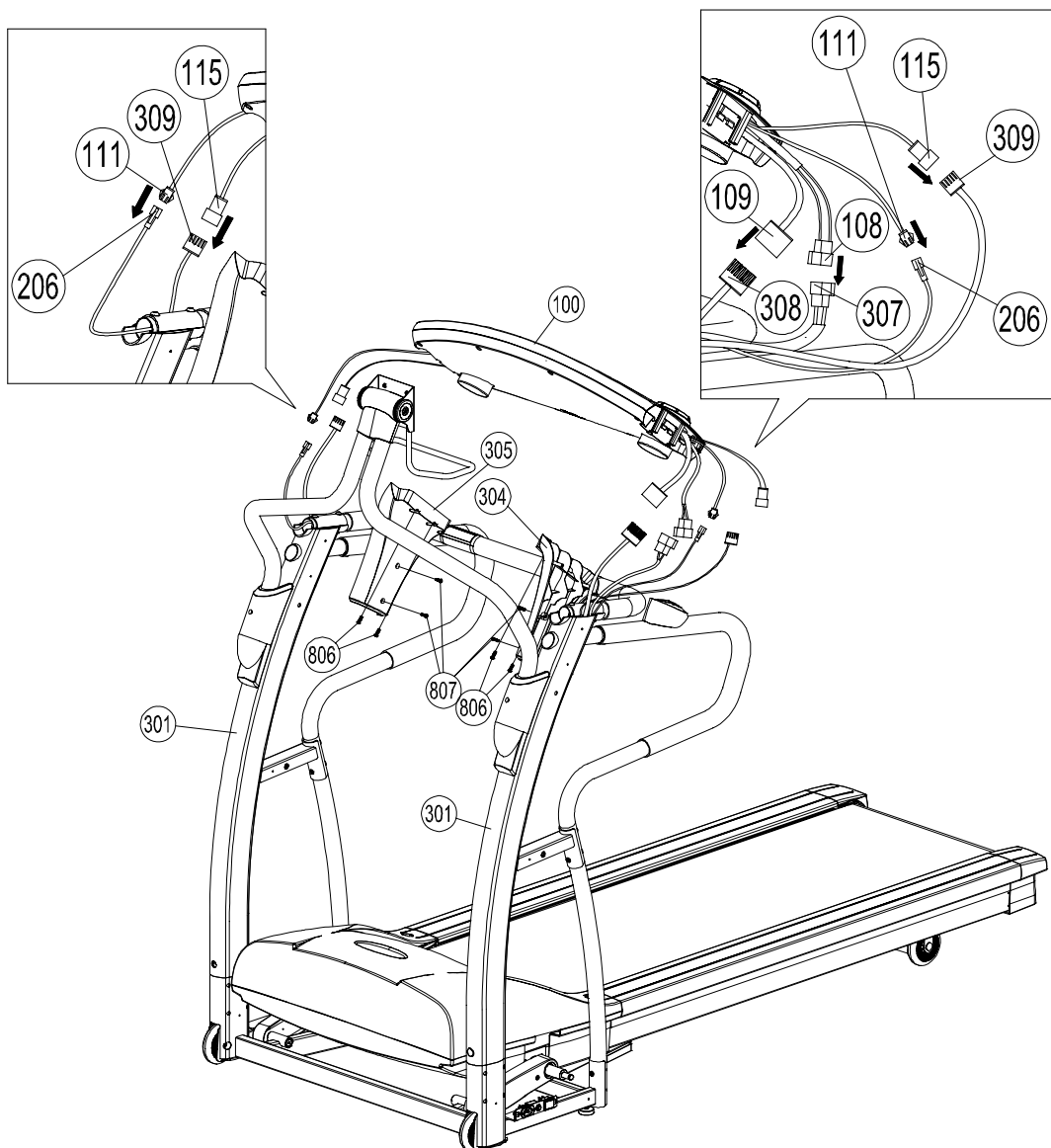
ASSEMBLY**STEP 8: Attaching the Upright Cover and connect Computer Cable**

NOTE: BE CAREFUL NOT TO DAMAGE THE WIRES WHEN SECURING THE UPRIGHT COVERS.

- (A) Attach the Right Upright Cover (304) to the Right Upright (301).
- (B) Secure the Right Upright Cover with two 4 × 15mm Thread Cutting Screw (807).
- (C) Repeat the above process for the left side.
- (D) Lower the console (100) onto Left and Right Upright Covers.
- (E) Secure with four #8 x 20mm Screws (806).
- (F) Make all the necessary computer connections as pictured below. The connectors are specially designed to only connect with the matching connectors.
- (G) Before proceeding to the next steps recheck that all the cables are firmly connected.

806 **X4** 

807 **x4** 



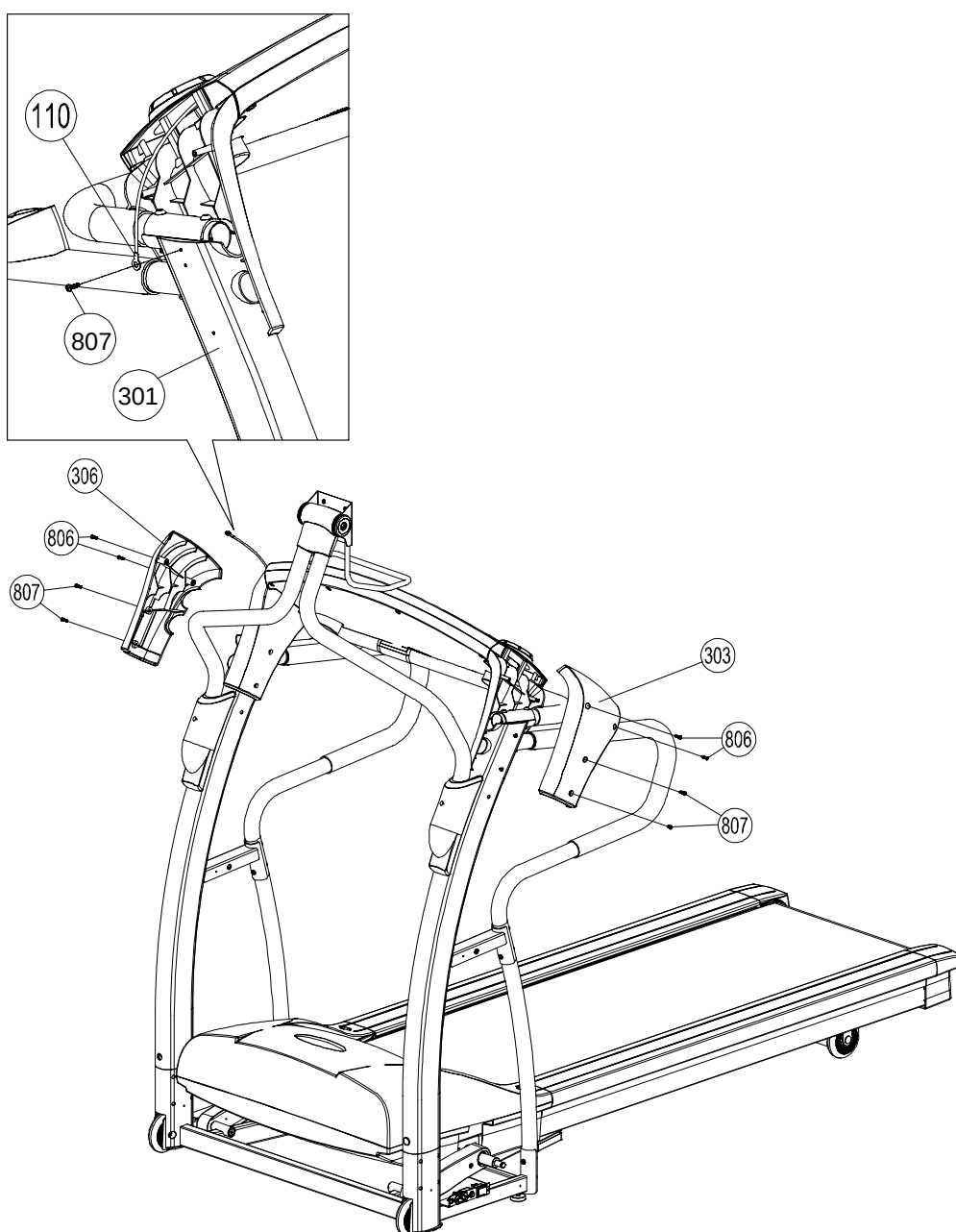
ASSEMBLY**STEP 9: Attach the Outside Upright Covers**

NOTE: CAREFULLY FOLD THE COMPUTER CABLES AND TUCK THEM BETWEEN THE PLASTIC RIDGES OF PARTS 304 AND 305 SO THEY WILL NO BE PINCHED.

- (A) Secure the ground wire(110) onto the Right upright with one 4 × 15mm Thread Cutting Screw(807).
- (B) Attached the Upright Cover (306) to the right side Upright Tube.
- (C) Secure using two #8 x 20mm Screws (806) into the console.
- (D) Then secure using two 4 × 15mm Thread Cutting Screw (807) into the Upright Tube.
- (E) Repeat this process for the left side.

806 **x4** 

807 **X5** 



ASSEMBLY**STEP 10: Attach Adjustable Cylinder to treadmill frame**

WARNING: THE PATENTED HYDRASUSPENSION SYSTEM REQUIRES THE ADJUSTABLE CYLINDER TO BE TIGHT FITTING. PLEASE BE PATIENT WITH THIS ASSEMBLY STEP.

- (A) Put Adjustable Cylinder Cover-Upper (315) into Adjustable Cylinder (310).
- (B) Attach the bottom of the Adjustable Cylinder (310) to the left Cylinder Mounting Shaft (509) and secure with one washer (846) and one M8 nylon nut (826).
- (C) Attach the head of the Adjustable Cylinder (310) to the left upright (301):
- a: Align the through hole on the head of the Adjustable Cylinder (310) with the mounting hole on the frame (301).
 - b: As you slide the threaded shaft (845) through the aligned holes .
- (D) Secure the cylinder head with two M8x15mm Allen Head Bolts (843).
- (E) Repeat this procedure to assemble the Adjustable Cylinder on the right side of the frame.

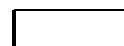
826 X2



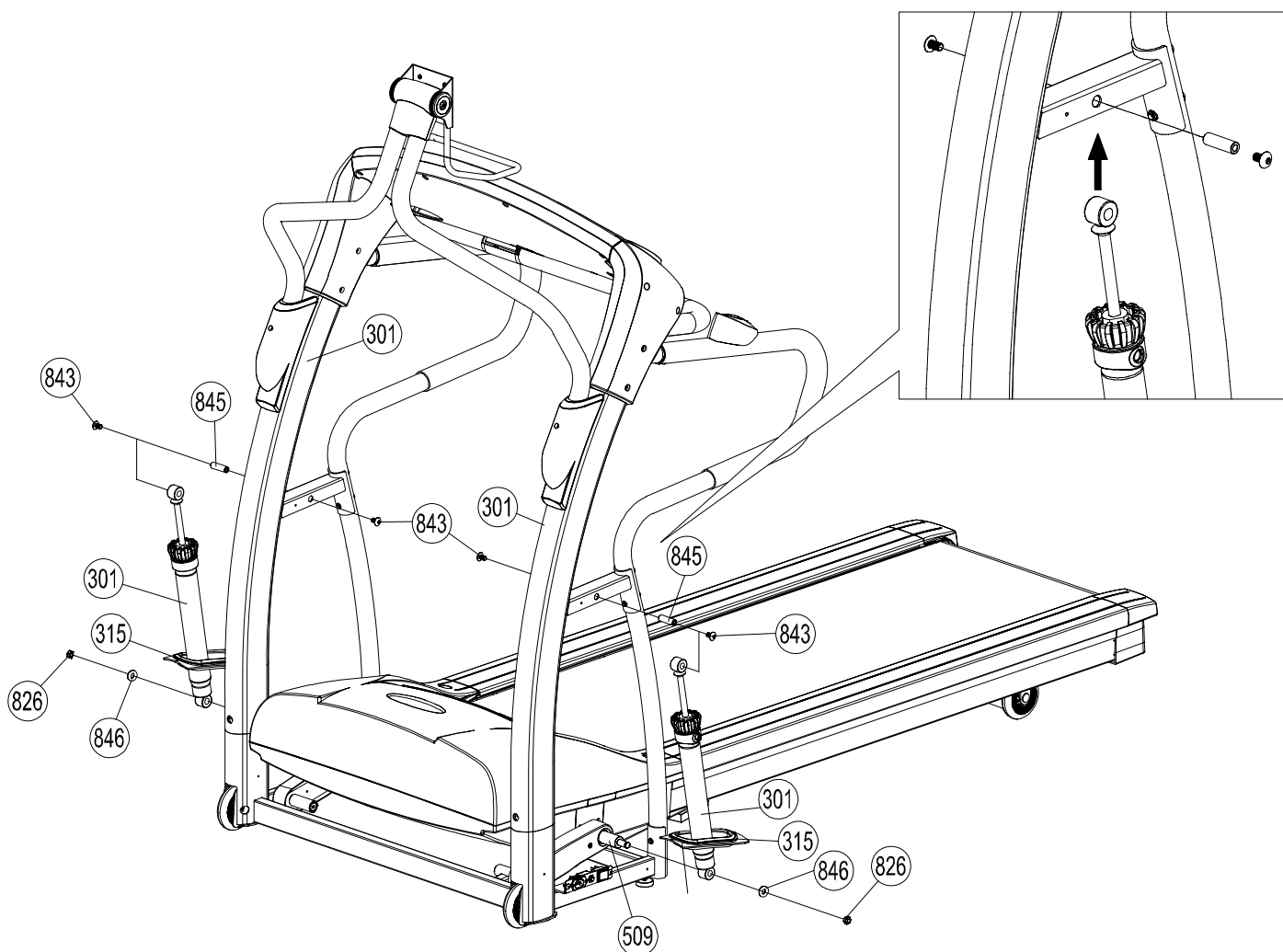
843 X4



845 X2



846 X2



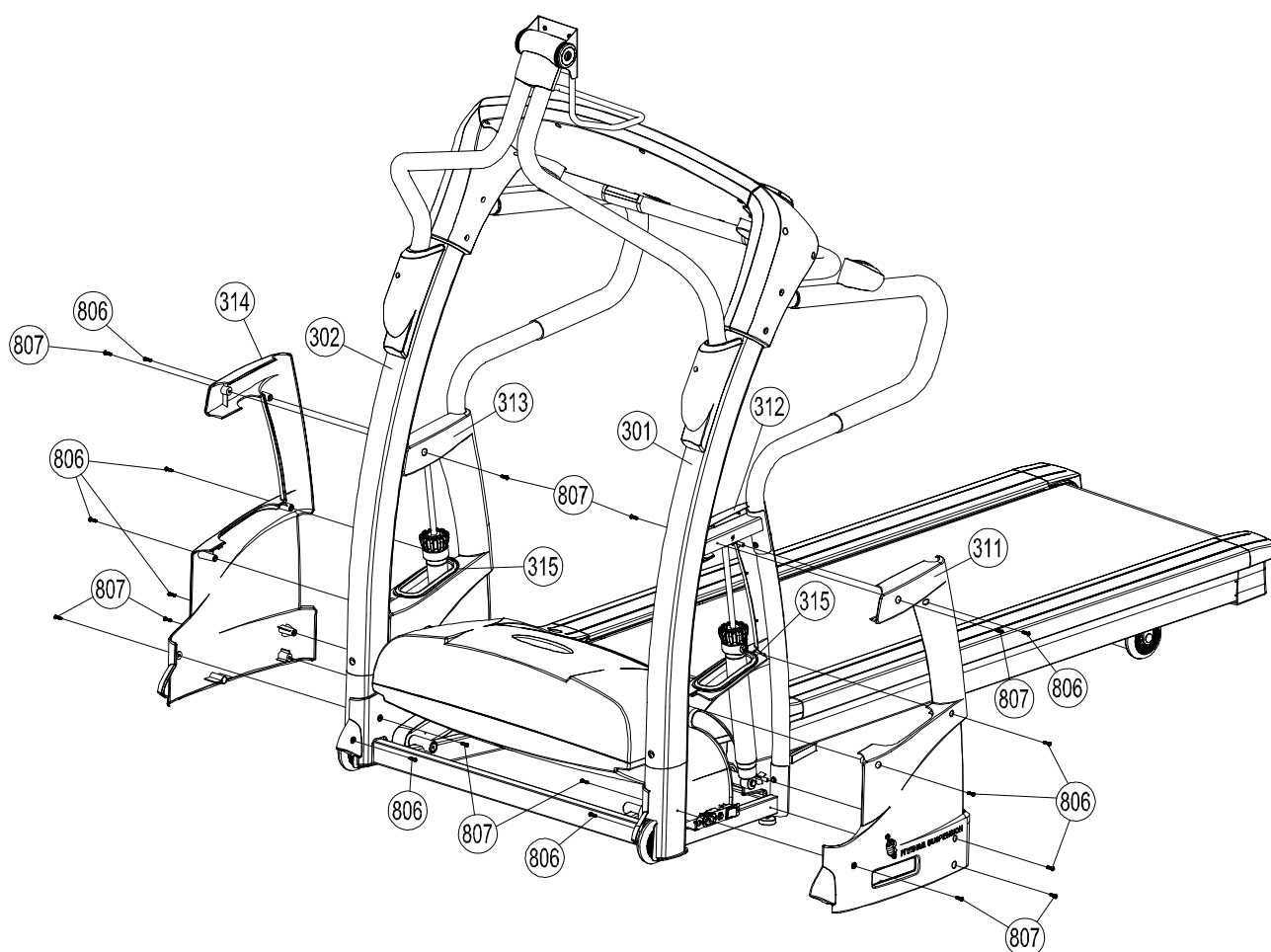
ASSEMBLY**STEP 11: Assembly the Front Plastic Shrouds**

(A) Attach the outer Left Upright Plastic Shroud - LL (311) , the inner Left Upright Plastic Shroud - LR (312) and the Adjustable Cylinder Cover – Upper (315) to the Left Upright - L (301) and secure with five M8 x 20mm Screws (806) and five 4 x 15mm Thread Cutting Screw (807).

806 **X10** 

807 **X10** 

(B) Repeat the above process for the Right side.

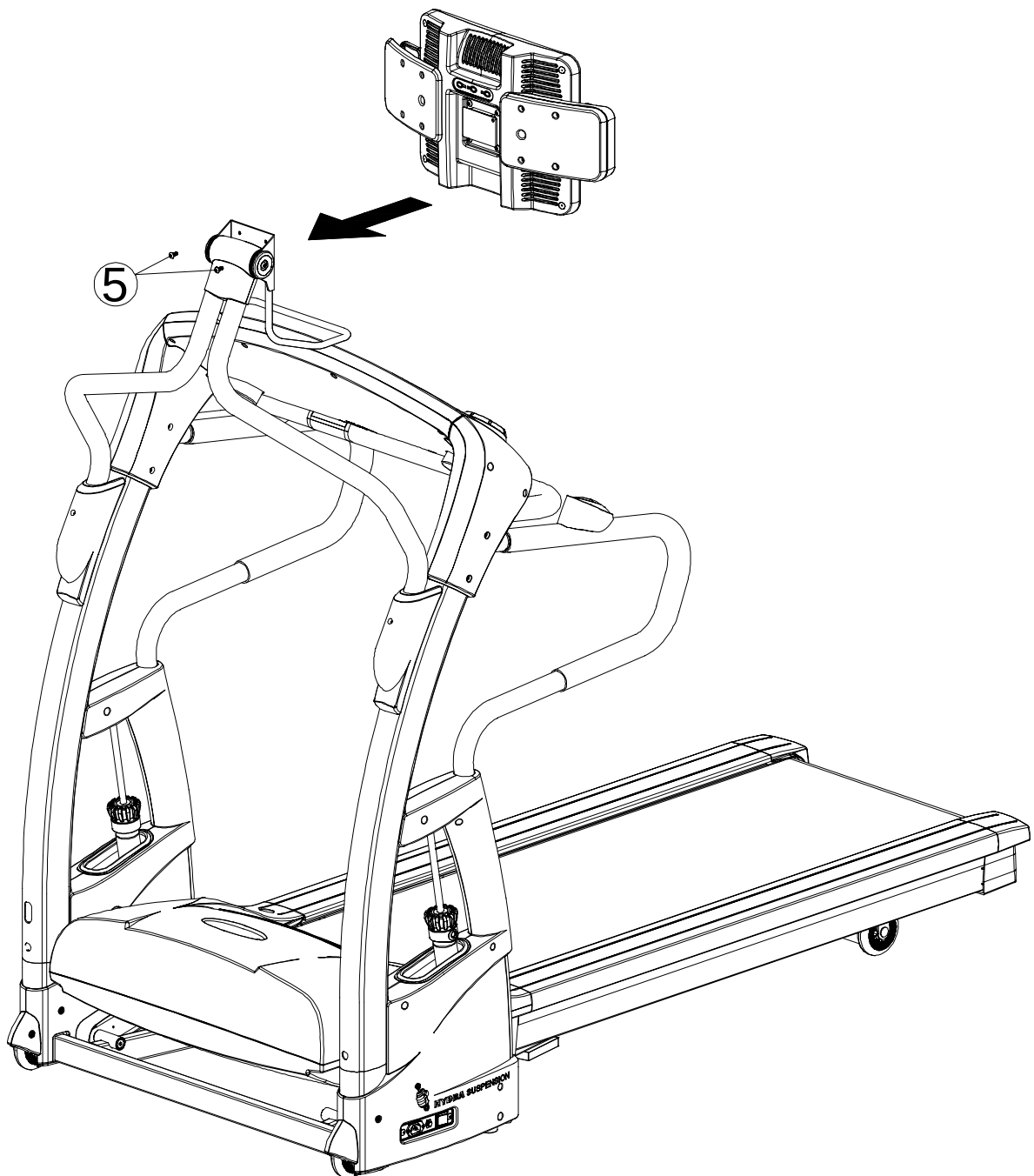


ASSEMBLY**STEP 12: Assemble the TV Screen**

**NOTE: READ THE TFT LCD MONITOR USER MANUAL ON PAGE 6
BEFORE ACCEMBLE TV SCREEN.**

- (A) Place the TV Screen on top of the TV bracket
- (B) Secure the TV screen with two M5 x 10 mm (5)

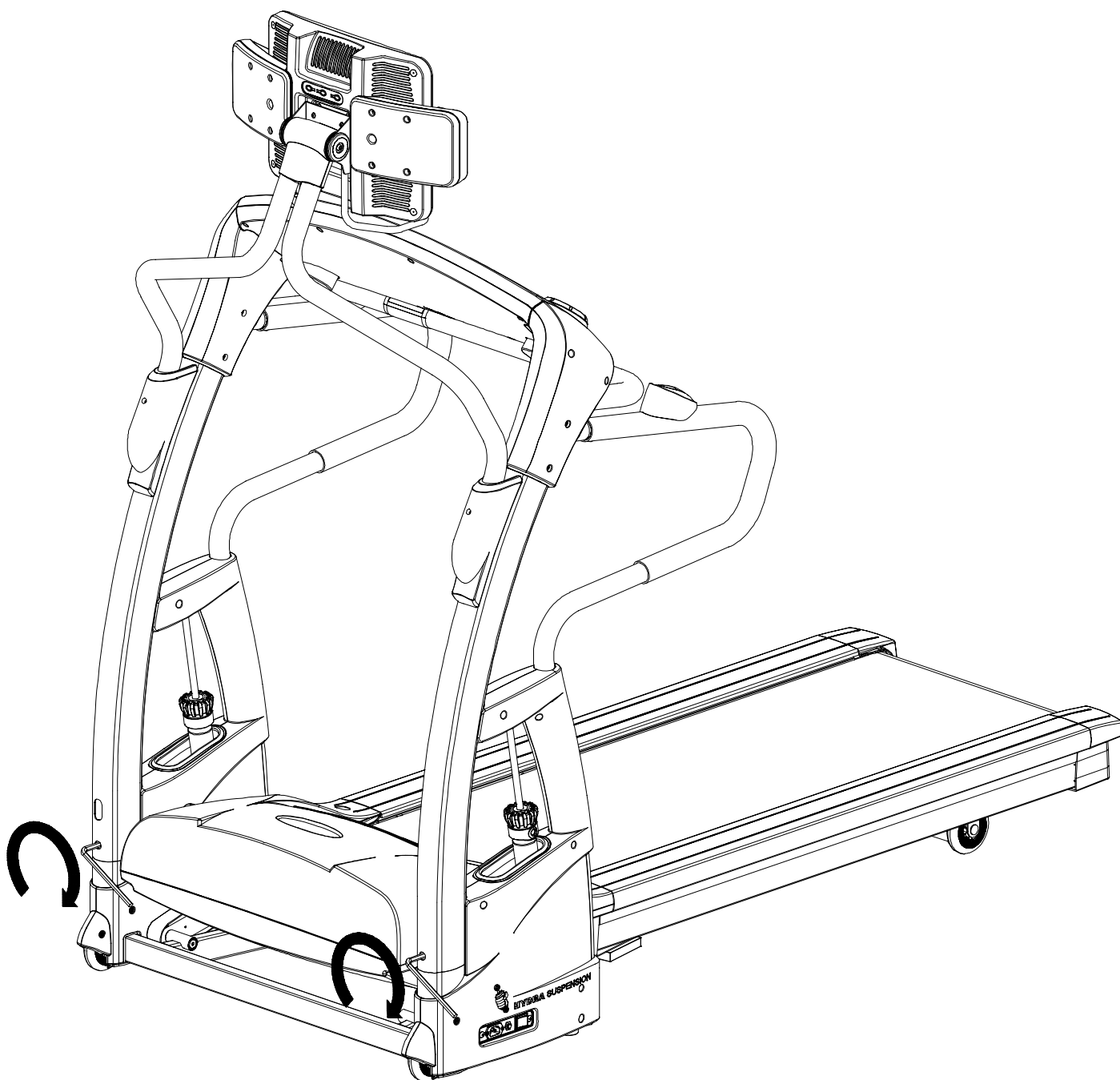
5

X2

ASSEMBLY**STEP 13: Securing of the Upright Tubes**

NOTE: ONLY TURN BOLTS CLOCKWISE. The Allen Bolt Sets (412) have been pre-assembled in the Base Frame(401).

(A) Secure The Upright Tubes by tightening the Allen Bolt (412), located in the Upright Tube, clockwise.

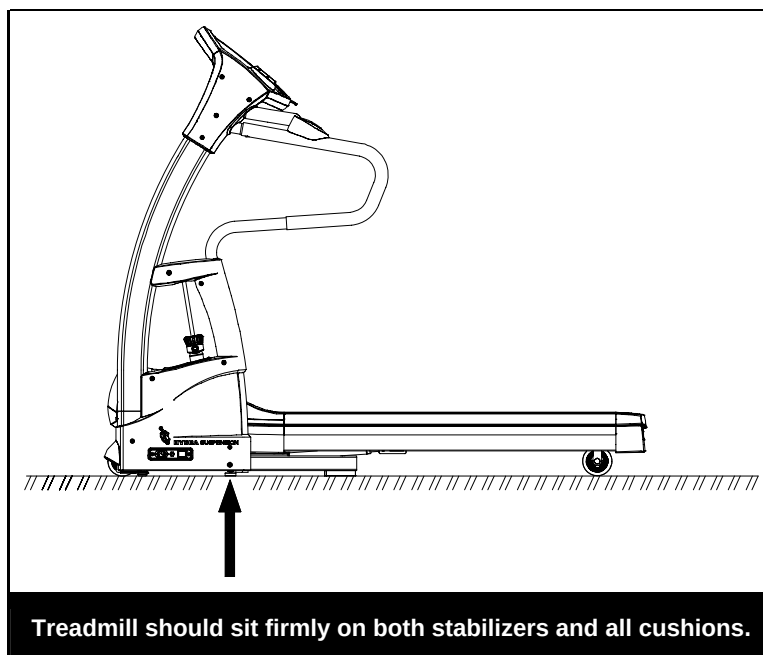
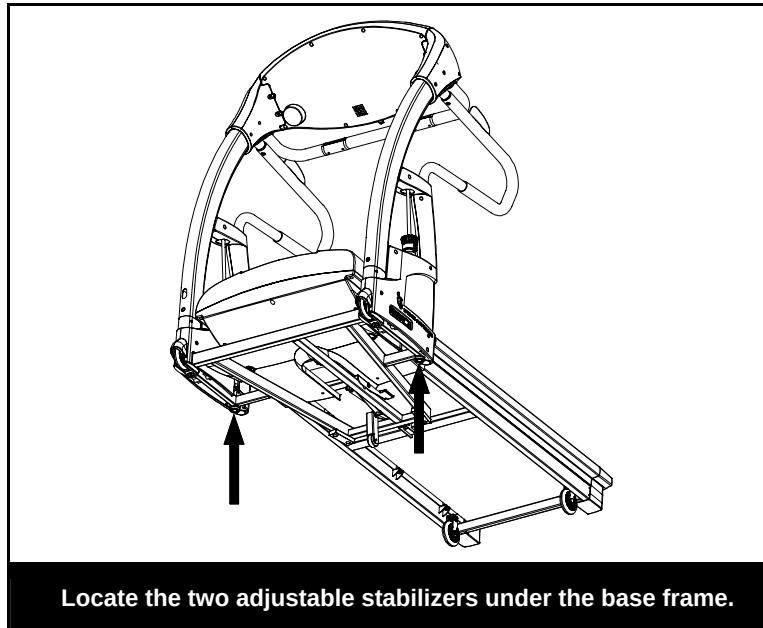


STABILIZER ADJUSTMENT

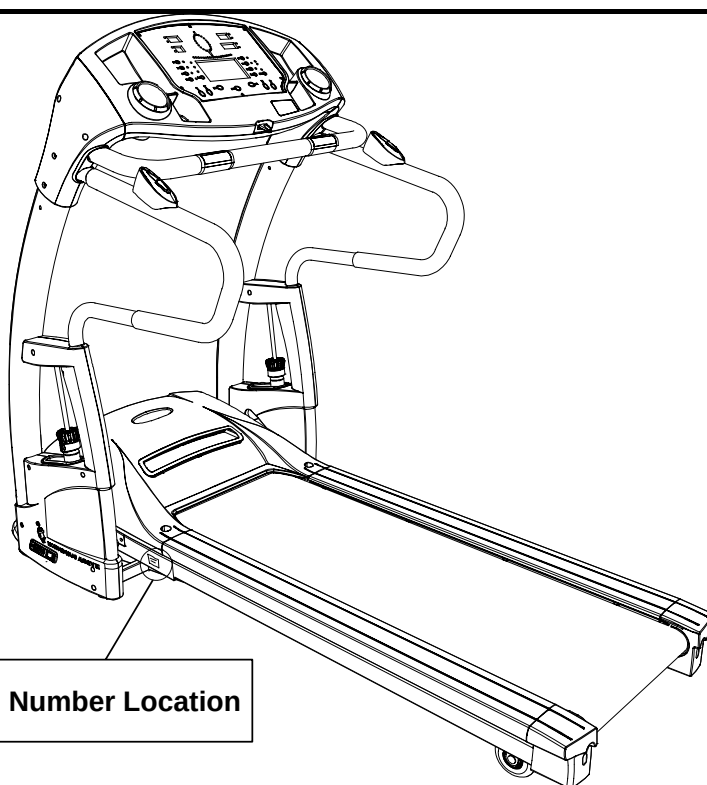
FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

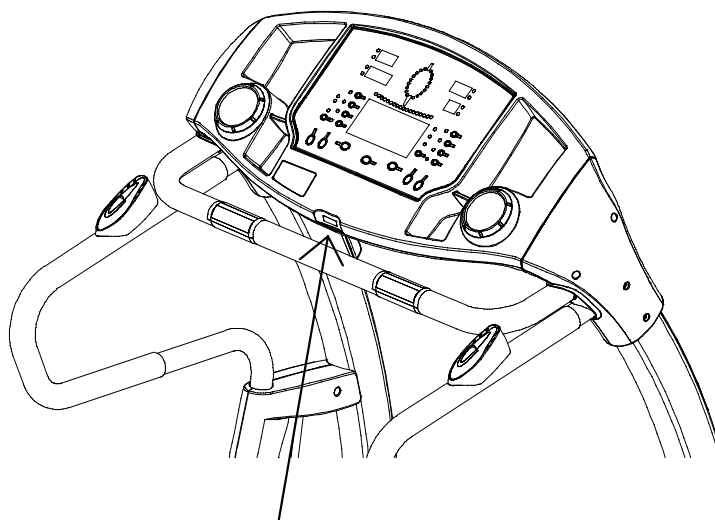
First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.



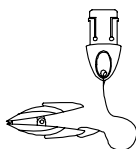
FEATURES



Serial Number Location



Insert safety key



The safety key must be inserted for the treadmill to function. The safety key clip should be worn at all times when the treadmill is in use. This safety feature is designed to prevent injury.

MOTION CONTROL OPERATION

MOTION CONTROL:

Walking belt speed can be increased, decreased or stopped using the Motion Control sensors on the handlebars. To do this follow the instructions below:

1. Press the  button on the console to switch the motion control function on and off:
 - When the LED light is **ON** the MOTION CONTROL is **active**.
 - When the LED light is **OFF** the MOTION CONTROL is **off**.
2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed. The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP. Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up by 0.5 MPH per second.



2. Use right sensor to speed up.

3. Wave your left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed. The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH. Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed by 0.5 MPH per second.



3. Use left sensor to slow down.

4. Wave both hands approximately 6 inches above both motion sensors at the same time. The sensor will sound two short BEEP sounds then stop the belt.
- Always switch off the motion control function by pressing the  MOTION CONTROL button on the console before turning off the power to the treadmill.



4. Use both sensors to stop belt.

MAINTAINENCE

HOW TO MAINTAIN THE 9.45TV TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

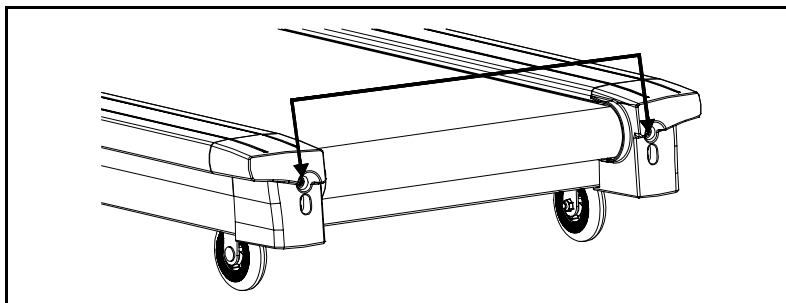
- **Important: DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any damaged or worn parts immediately.

BELT ADJUSTMENT:

ALL BELT ADJUSTMENTS ARE CONSIDERED MAINTENANCE, AND ARE THE RESPONSIBILITY OF THE END USER. Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing on the plastic side rail or end caps and possibly causing damage to the equipment. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left:** First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt is slipping:** First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the equal amounts, 1/2 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip. If proper tension cannot be achieved within four attempts please contact Smooth Fitness Technical Support. Belt centering may be necessary once you have completed the tensioning procedure.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



Right and left tension bolts are located at the rear of the treadmill.

MAINTAINENCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important: DO NOT** use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the running deck be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first 400 hours of use.

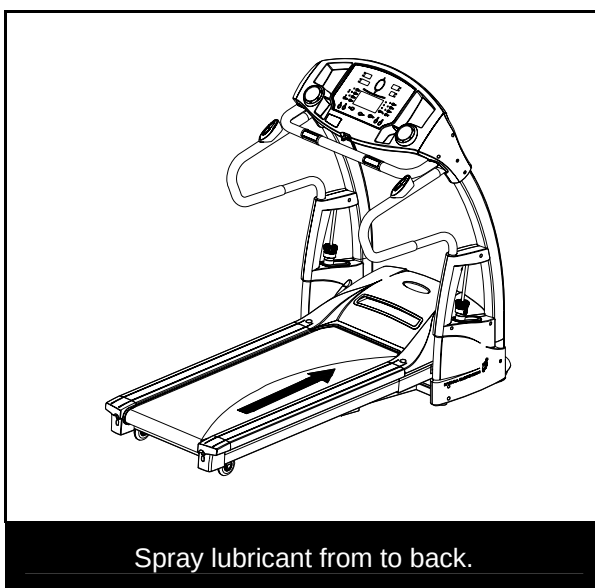
Every 2 months of operation lift the sides of the walking belt and feel the top surface of the running deck as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

. To purchase lubricant Kit please contact Smooth Fitness 1-888-800-1167

To apply lubricant under the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill and as far to the center as possible. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 1/4 bottle (supplied with treadmill) each time.

Allow the silicone to "set" for 1 minute before using the treadmill.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



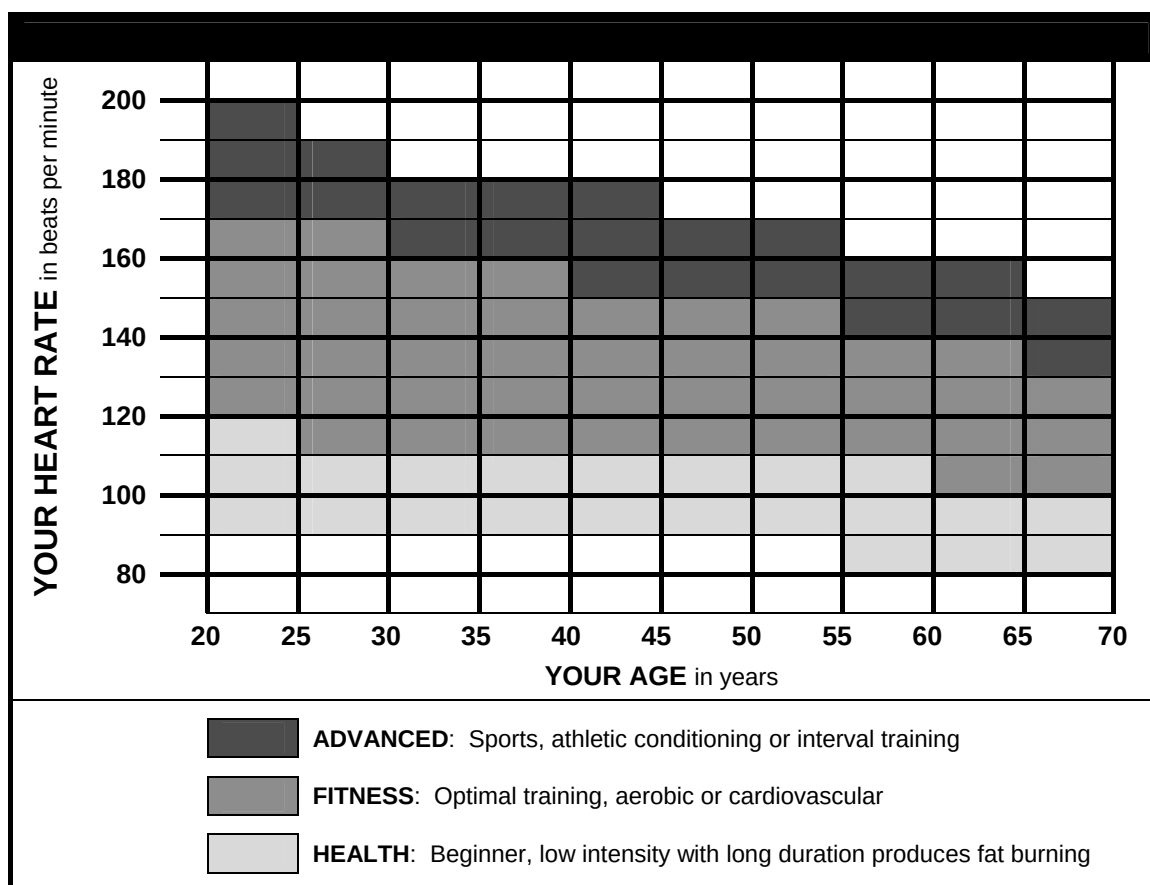
The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



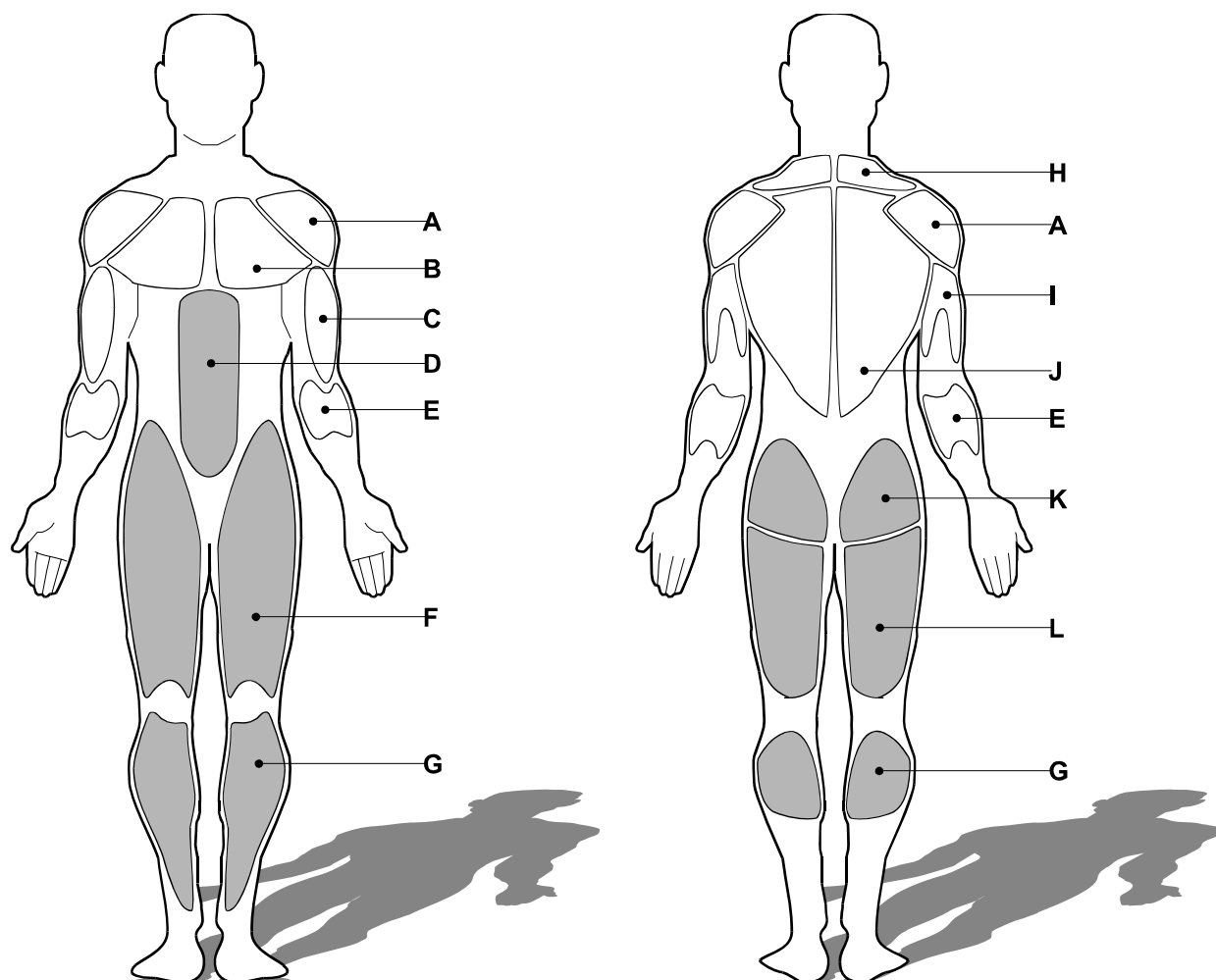
Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

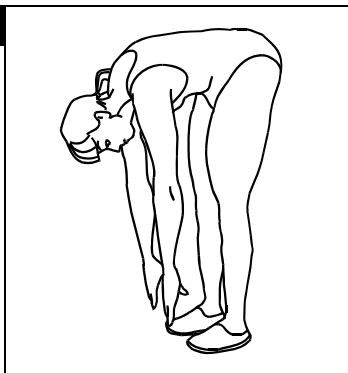
Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

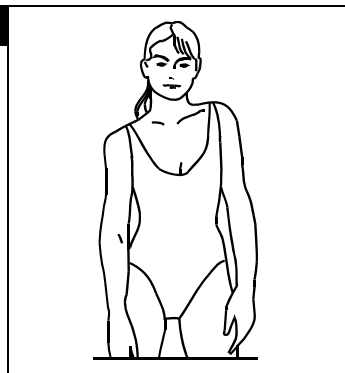
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

**Shoulder Lift:**

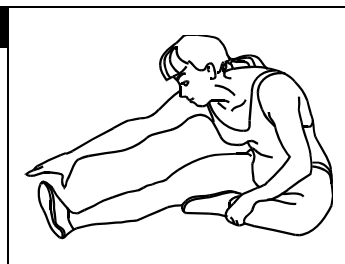
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

**Inner Thigh Stretch:**

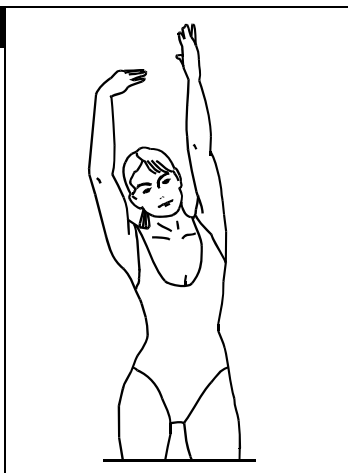
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Hamstring Stretch:**

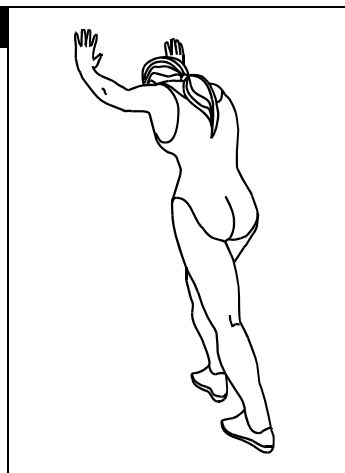
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

**Side Stretch:**

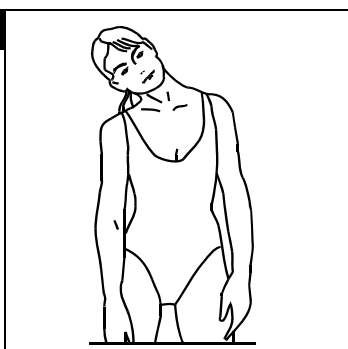
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

**Calf-Achilles Stretch:**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

**Head Roll:**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



TROUBLESHOOTING

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start:

Symptom	Resolution
Treadmill will not power up	Check the following: - Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual). - Equipment circuit breaker is in the reset position - Equipment power switch is in the on position - Safety key is properly inserted into the computer console - Wall outlet is properly functioning with correct voltage (Have an electrician check for inadequate voltage at the outlet refer to the Power Requirements section in this manual) - House circuit breaker is reset and is the proper size. (refer to the Power Requirements section in this manual)
Treadmill stops operation during use	- Safety key is properly inserted into the computer console - Equipment circuit breaker is in the reset position - House circuit breaker is reset, meets proper requirements and if worn replaced by an electrician. (refer to the Power Requirements section in this manual) - Program time has expired
Treadmill will not incline(Power fold models only)	Check for proper positioning of spring knob for folding(See procedure in owners manual)
Treadmill will not unfold	Power Fold only - Check for proper positioning of spring knob for folding(See procedure in owners manual) Manual Fold only - Folding locking lever is depressed
Treadmill running belt moves slower than speed displayed on computer	Metric/English conversion (See owners manual for Metric/English conversion process)
Treadmill running belt moves slower than speed displayed on computer	Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	- Treadmill is properly leveled(See procedure in owners manual) - Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	Tension running belt (See process in owners manual)
Treadmill running belt moves slower than speed displayed on computer	Metric/English conversion (See owners manual for Metric/English conversion process)
Running belt is not centered	- Treadmill is properly leveled(See procedure in owners manual) - Center running belt (See Centering procedure in owners manual)
Running belt is slipping or hesitating while in use	Tension running belt (See process in owners manual)



Smooth Fitness
780 Fifth Avenue, Suite 200
King of Prussia, PA 19406

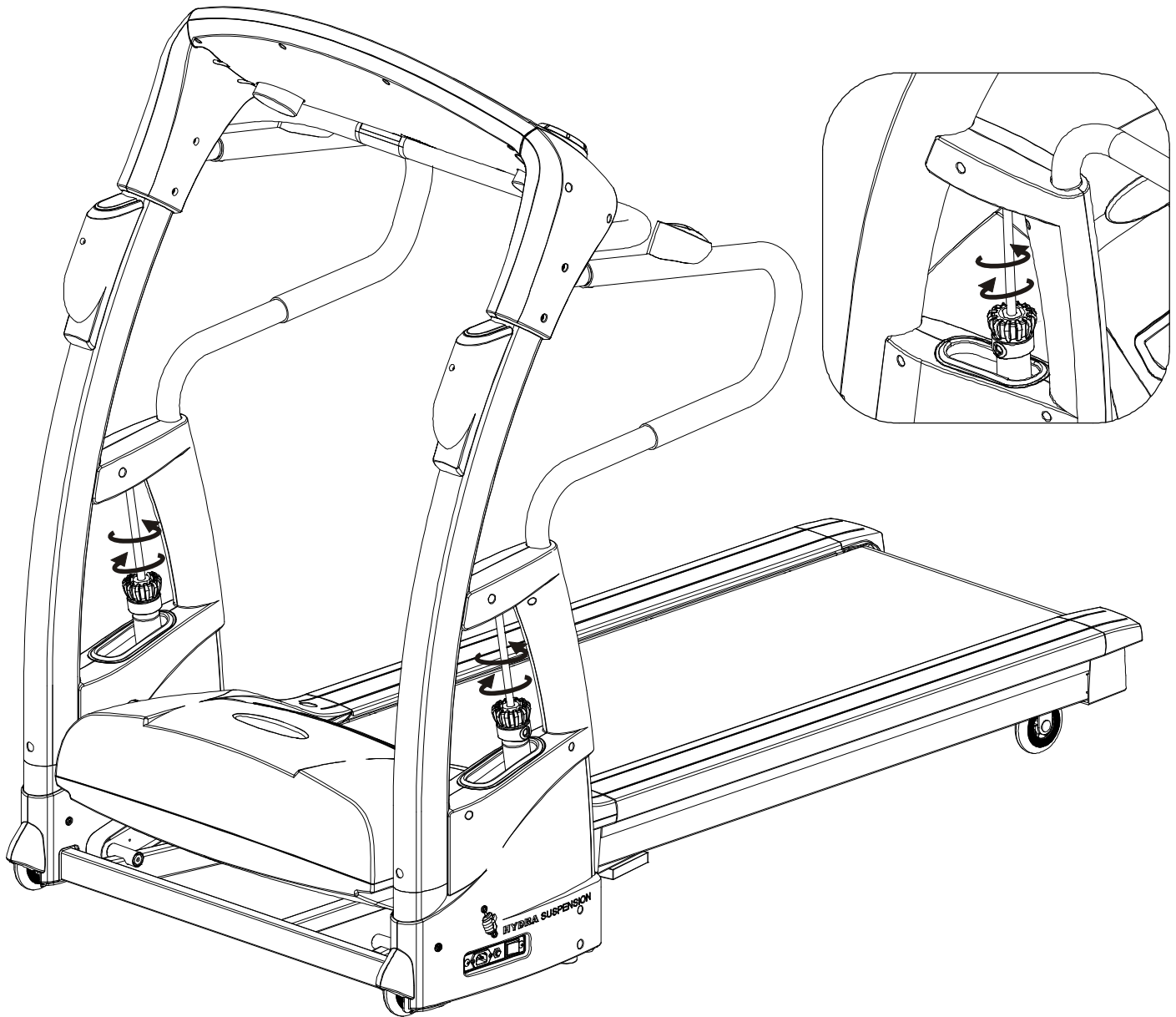
Toll Free Customer Service:
1.888.800.1167

Website:
www.smoothfitness.com

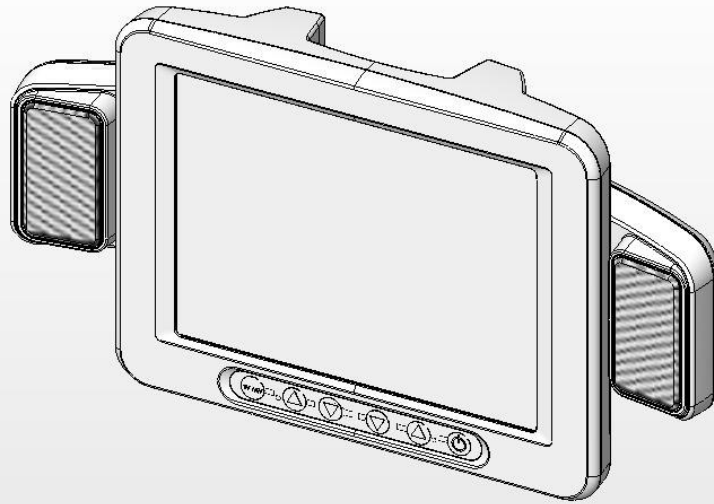
HYDRA SUSPENSION ADJUSTMENT

FOLLOW THESE INSTRUCTIONS TO ADJUST THE HYDRA SUSPENSION ON YOUR TREADMILL:

Simply rotate the Suspension Knobs to the right to stiffen the suspension or to the left to soften. The numeric values are one to twelve. One is the softest setting twelve is the firmest.



15" TFT LCD MONITOR USER MANUAL



Model: **GMTV15**

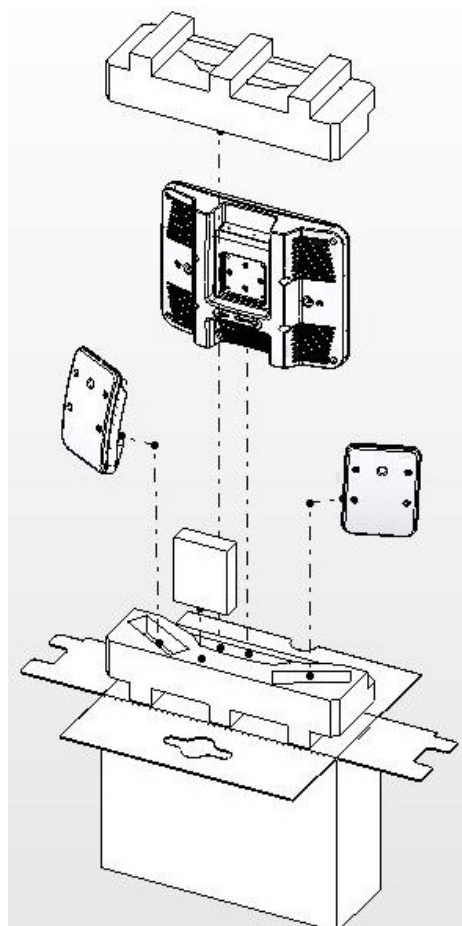
CONTENT:

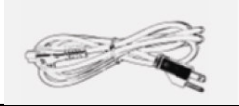
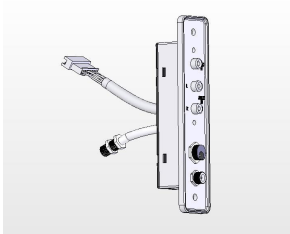
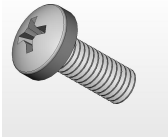
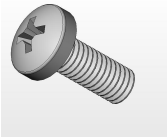
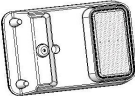
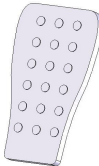
1. Unpacking
2. Specification
3. Important Safety Instructions
4. Installation and Connection
5. Front Panel Controls
6. OSD Controls
7. Trouble Shooting

Unpacking

Our 15" LCD TV shall be content with following items. Make sure you get all there set ready, otherwise please contact with your dealer or the store where you purchased from. And if it still doesn't work, please feel free to contact us.

Please keep the packing parts (such as the box and the foam...) precisely, that would provide protection just for once if you need to send the fault product back for repairing.



15" TFT LCD TV	
Power Cord	
ADAPTER TECH External Universal AC Adapter (100v-240v, 50/60Hz)	
User Manual	
Signal and power in integrated box (This parts only for Momentum T3, T5, T7 serials and T480 serials)	
M5 × 10mm bolt 2pcs For fix both extra speaker	 
Extra Speaker (option)	 
Head Set (option)	
Remote Control (option)	

Specification

LCD Panel	Type Viewing Angle Contrast Ratio Response Time Display colors Pixels H × V Pixel Pitch	15.0" XGA Color TFT-LCD Display H:65° V:65° 500 : 1 (Type) 12ms 16.2M colors 1024(×3) × 768 0.297mm(per one triad) ×0.297mm
Input Signals	Video in ANT*	Auto Detect NTSC/PAL interlaced video with input format of Composite video (AV) NTSC or PAL- B/G, D/K, L/L
Connector	Video in Audio in ANT* Power	RCA - Jack RCA – Jack (L/R) RF Tuner PH Type terminal 12V/DC Jack
Power	Voltage Consumption Power saving mode	100v~240v, 50/60Hz(universal) via external AC Adapter Active < 48Watt Max Standby < 3Watt
Speaker		5W+5W (Stereo)
User Interface	LED Indicator	Active -Green Off -Turn off Standby -Orange
Operating Condition	Temperature Storage (Shipping) Air Humidity	0℃ ~ 50℃ -20℃ ~ 60℃ 20% ~ 80% R.H.
Dimensions	Physical	321mm(H) × 590mm(W) × 108mm(D)
Net Weight		5.6kg

*ANT and Cable system will difference follow export country from manufactory.

Important Safety Instructions

1. Read instructions –

Please make sure the instruction has been read and understood before starting using.

2. Keep this manual precisely –

Please keep the manual well just for once if you need it as future reference.

3. Check warnings –

Please check the warnings both on the product and in the manual.

4. Follow the instructions –

All the operating instructions must be followed.

5. Attachments –

Do not use attachments which has never be recommended by the manufacturer. Use of inadequate attachments could possibly cause accidents.

6. Power source –

This product must be operated on the power source specified on the specification label. If you are not sure about which type of power supply is used in your house, please contact with your dealer or local power company.

7. Power cord protection –

The power cord must be routed properly to prevent people from stepping on them or objects form resting on them. Check the cords at the plugs and product.

8. Servicing –

Do not attempt to repair the product by yourself. Removing covers can expose you to high voltage & other danger. Please request someone who has been trained and qualified to provide servicing.

9. Repair –

Please make sure you unplug the power cord and have someone who's qualified to do the repairing service in the following status.

a. When the AC cord of plug is damaged.

b. Once if the power cord is damaged.

c. When a liquid was spilled on the product or when objects have fallen into the product.

If you have the liquid spilled out from the product or any crash causing the damage on the product.

a. When the product has been exposed to rain or water.

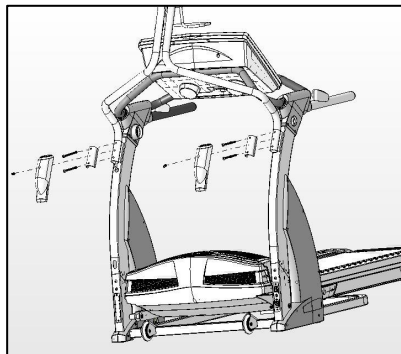
b. When the product does not operate properly as described in the operating instructions. Do not touch the controls other than those described in the operating instructions. Improper adjustment of controls not described in the instructions can cause damage, which often requires extensive adjustment work by a qualified technician.

c. When the product has been dropped or damaged.

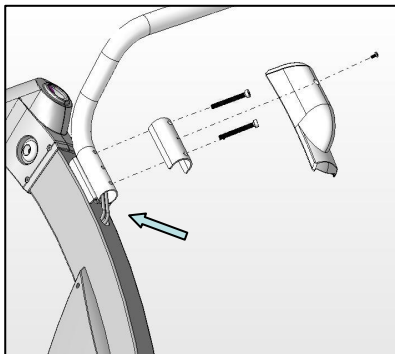
d. When the product displays an abnormal condition. Any noticeable abnormality in the product indicates that the product needs servicing.

Installation and Connection

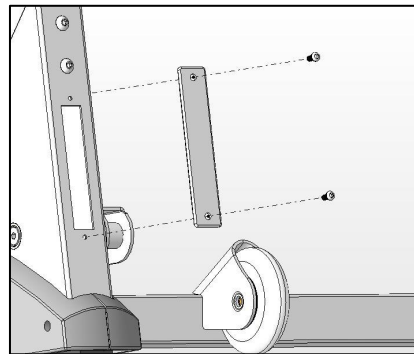
Type A:



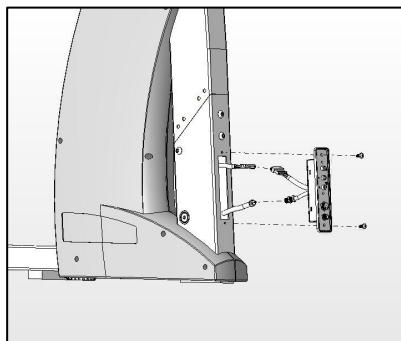
1. Use pill. driver and 5mm allen wrench move out both L and R ahead fix on treadmill parts.



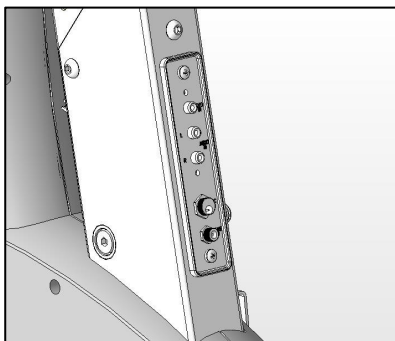
2. After installed TV support then cables penetrate into the hole.



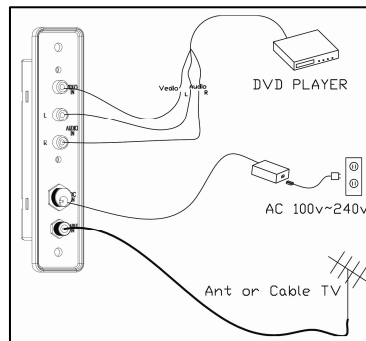
3. Use pill. driver move out cover on base frame.



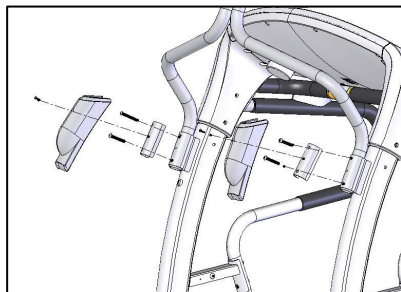
4. Pull two cable then connect on the input signal and power box then use original 2 bolts to fix.



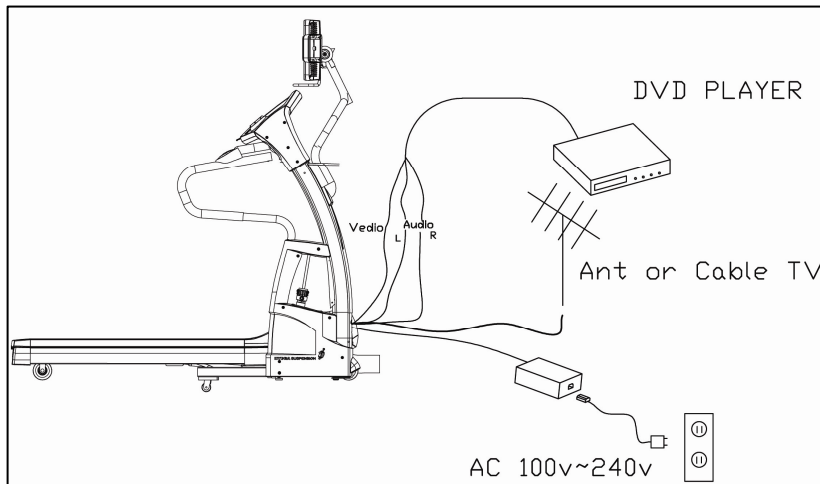
5. Achievement diagram.



Type B:

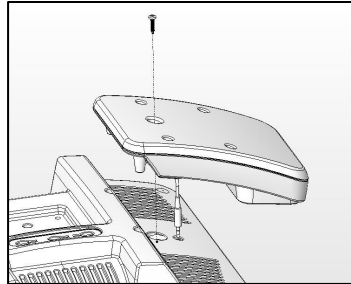
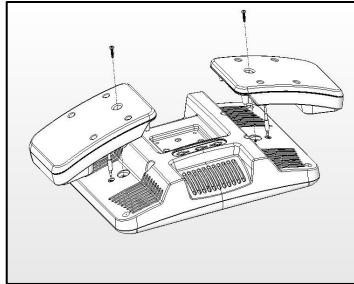


1. Use pill. driver and 5mm allen wrench as same as type ahead fix on treadmill parts.

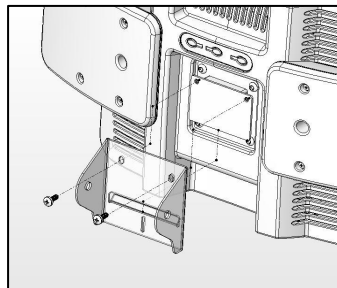
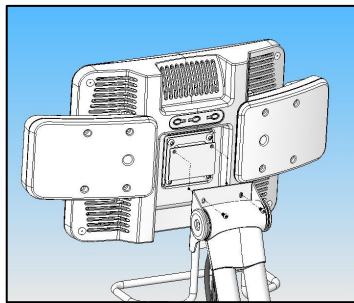


TV install:

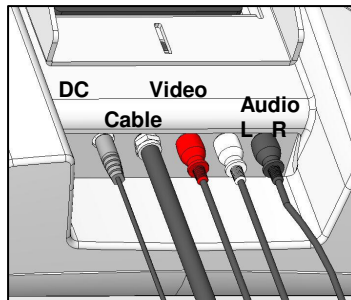
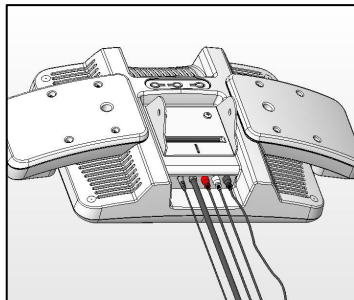
1. Attachment cable and installation both speakers with M5×10 2 bolts. (Optional)



2. Then put TFT TV bracket on support base with M6×10 2 bolts.



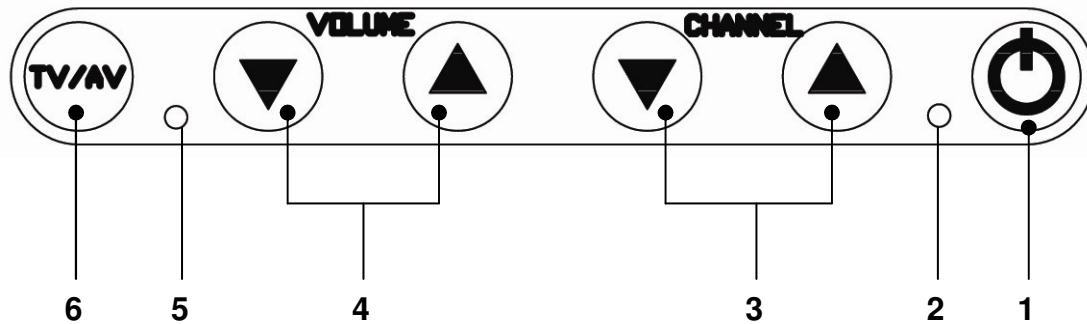
3. Connect DC in, TV cable, Video, Audio L and R.



4. Plug the power cord into the wall outlet, and the other end of the power cable into the Adapter AC socket then plug the other end of Adapter the power input of the back of LCD monitor.

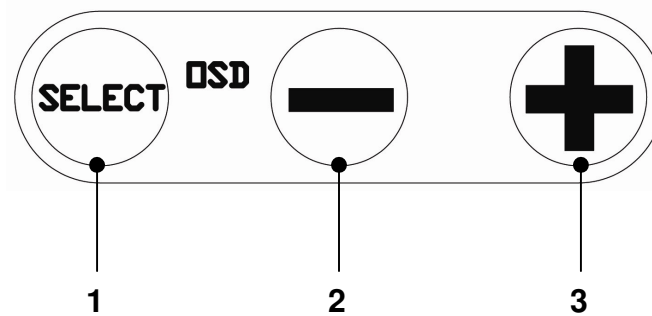
5. Power on, turn on the Power Switch of your LCD monitor.

Front Panel Controls



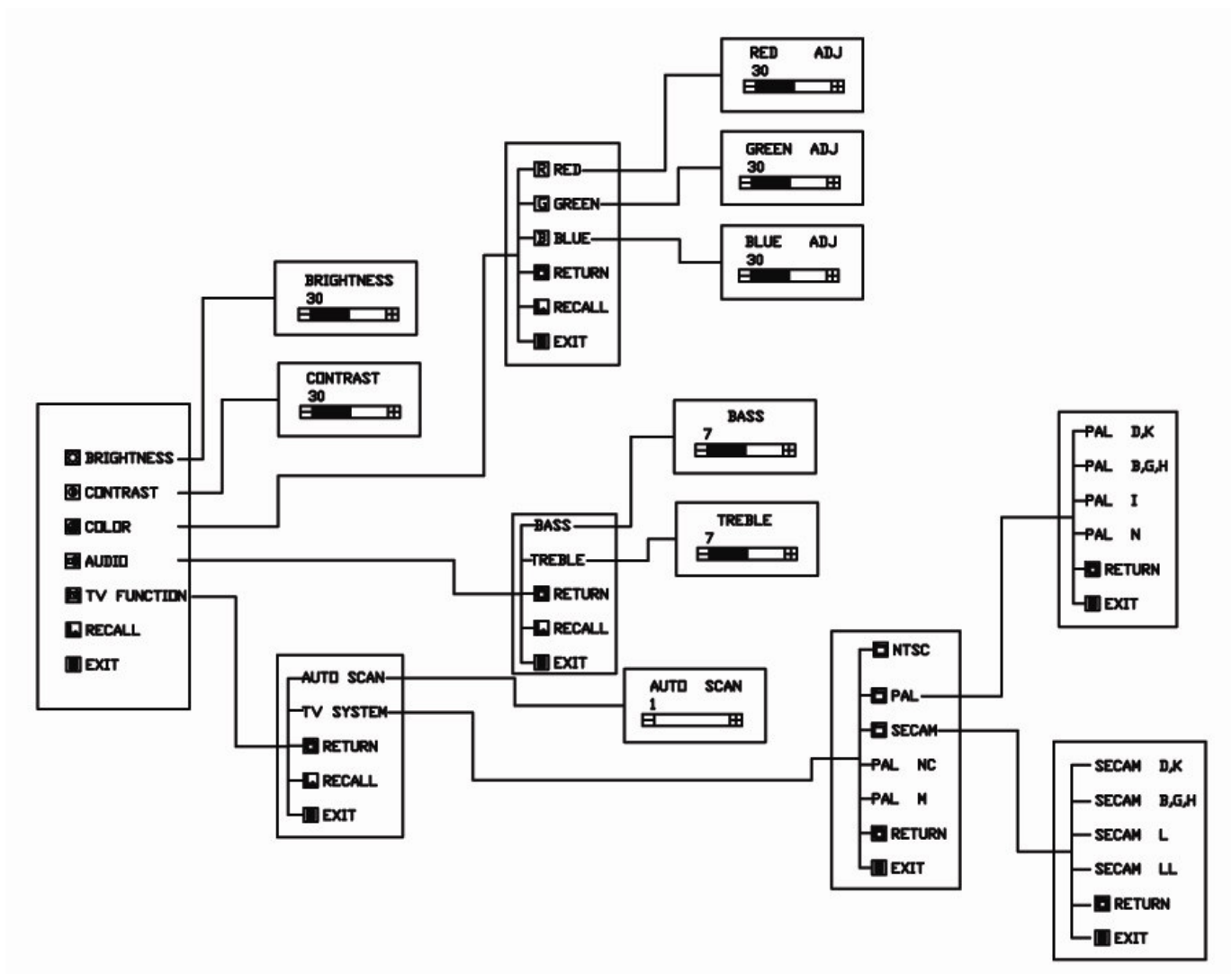
1. Power Switch: To switch on/off device.
2. Power LED: To display DC power in.
3. Channel up and down: To select TV program channel.
4. Volume up and down: To adjust speaker or earphone volume.
5. Remote: To receive remote control signal.
6. TV/AV: To select TV channel and AV input.

OSD Controls



1. Main Menu: To enter / to select item.
2. Adjust (decrease/down): To adjust the decreasing value / to adjust decreasing item.
3. Adjust (increase/up): To adjust the increasing value / to adjust increasing item.

OSD Operation:



1. Display OSD information: Press SELECT button to show main menu, use + and – to select, then press SELECT button to enter.



2. Brightness: Use + and – button adjust the brightness then press SELECT button to execute and exit.



3. Contrast: Use + and – button adjust the brightness then press SELECT button to execute and exit.



4. Color: Use + and – button adjust the color then press SELECT button into select Red, Green, Blue select menu, select one of 3 color menu then press SELECT button to enter, use + and – button adjust color then press SELECT button to execute and exit.



5. Recall: If adjustment not advisability to present, select Recall to reset from manufactory adjust value.

Trouble Shooting

1. No picture and sound :

Is the power cable plugged? Confirm the connection of SPEAKER or AUDIO cable.
Components connection status checking.

2. Picture only, no sound :

Confirm the connection of AUDIO cable. Confirm the volume.

3. No power :

Please confirm the device is correctly connected to the AV power cable. Is the POWER button pressed on the remote control? AC power cable removed from plug? Is the main switch on device on?

4. Failure to operate device :

Strong lighting source may cause operation fail, turn off the device and unplug it, wait for 1~2 minutes then restart to operate device again.

5. No picture :

Confirm the component connection. Setting after connection to the component. Please confirm the input source. Uncompetitive signal? Please check the screen mode.